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Flu claims third life

Flu Outbreak

PAUL McLEOD
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A third person died from H1N1 in Nova Scotia during the past week.

In his latest update yesterday, the province's chief medical officer Dr. Robert Strang said an elderly woman in the Capital District believed to have chronic health problems was the latest victim to succumb to swine flu.

Earlier in the day, Capital Health CEO Chris Power said H1N1 has cost it $760,000 so far. She said she believes the department of health will pay the cost overruns at the end of the year, saving the health authority from deficit.

She also said staff absences have been lower than expected. Capital Health had been bracing for flu-like illness to impact 30 per cent of absences. Instead, that number has wavered between four and 20 per cent.

About 90 surgeries have had to be postponed in the last week.



ANDREW VAUGHAN/THE CANADIAN PRESS

Pittsburgh Penguins captain Sidney Crosby, a Cole Harbour native, carries the Olympic torch in Halifax last night before a crowd of about 15,000. The flame, which travelled from Olympia in Greece, is on a 106-day cross-country relay. More coverage, page 3.

Burning bright

Huge crowd watches Crosby carry Olympic torch

MONIQUE MUISE
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It was, quite simply, fan-demonium.

Organizers of last night's Olympic torch celebrations said they were expecting about 7,000 people to show up to watch Sidney Crosby run with the flame down Brunswick Street. They got at least double that number, and the resulting chaos along the route quickly overwhelmed security and police officers on hand for the event.

Crosby, decked out in the official Olympic torchbearer uniform, was mobbed by dozens of photographers, journalists and eager fans as he made the final turn onto Carmichael Street and prepared to hand the flame to snowboarder Sarah Conrad of Dartmouth. With no barriers to stop the crowd from advancing, police tried their best to clear a path for the 22-year-old hockey superstar.

In the end, he reached his destination and the flame was given to Conrad, who ran it through Grand Parade and lit the community cauldron. By then, Crosby had been ferried away to the nearby World Trade and Convention Centre.

"I was a bit surprised," he said when asked about the mob scene. "But we're spoiled here with the amount of support we get. It was only a few months ago at the Stanley Cup parade that I was amazed by the turnout there. After going through that, it's easy to see how proud people are."

> **"It's easy to see how proud people are."**
> Sidney Crosby

Eight-year-old Zoey MacIntyre was one fan who braved the crowds for a glimpse at Crosby's big run. She waited patiently with her dad, Brian, and her five-year-old brother, Chase, and said it would be the first time she would see Crosby in person.

"My brother saw him at a parade once … but I didn't," she said. "I'm really excited."

Crosby seemed pretty excited himself, grinning widely as he talked about feeling "proud" and "honoured" to be carrying the torch.

He stopped short, however, of speculating about a possible trip to Vancouver in February as part of Team Canada.

The roster for the men's hockey team will be announced on New Year's Eve.

"In this time, in this moment, I just tried to really enjoy it," he said.

News on the Move

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Metro Homes pg 23



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SCANLIFE

Local



Rice speaking engagement nixed

The Event Group announced yesterday that "due to unforeseen circumstances" it has cancelled A Conversation with Condoleezza Rice scheduled for Thursday, Dec. 10, at the Cunard Centre in Halifax. It was announced several months ago the former United States secretary of state, left, would be coming to Halifax for this afternoon speaking engagement. Anyone who purchased tickets for the event can receive a complete refund through Ticketpro at 1-888-311-9090. METRO HALIFAX

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Hydro-Quebec eyeing N.S. Power: Dexter

ENERGY Premier Darrell Dexter says he has recently been made aware of Hydro-Quebec's interest in Nova Scotia Power through New Brunswick Premier Shawn Graham.

Dexter said yesterday Graham told him during a recent conversation that if Nova Scotia were interested in a deal similar to the one between Hydro-Quebec and NB Power, "the same kind of arrangement" could be made.

New Brunswick recently signed a $5-billion tentative deal to sell NB Power to Hydro-Quebec.

But Dexter said his province has "other plans."

He said it's his belief that any long-term energy contract at this point is "fraught with risk."

Nova Scotia Power is privatized, though there is provincial legislation in place that prevents non-residents from owning or controlling more than 25 per cent of the utility's voting shares.

THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Blogs The Global Peasant checks in with a pea soup recipe just in time to fight winter chills



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Olympic torch lights up HRM

Torchbearers travel streets as cheering crowds look on

VANCOUVER 2010 Games

MONIQUE MUISE
monique.muise@metronews.ca

They came from many different walks of life, backgrounds and communities — but yesterday, 187 people in the Halifax Regional Municipality shared a unique experience they will likely never forget.

One after another, they carried the Olympic torch through the streets of HRM, each jogging or walking 300 metres before handing it off to the next person in line. When it was over, the flame had travelled 157 kilometres through 13 communities.

Cheering crowds lined the streets along the route, many waving Canadian flags and sporting the official Vancouver 2010 Olympic mittens. They poured out of office buildings, coffee shops and homes to watch as the relay caravan passed.

In Dartmouth, environmental advocate Tamara Lorincz carried the torch along Alderney Drive.

"I'm really excited to know that I'm running with 12,000 other Canadians who have made a commitment to make a better world," Lorincz said.

Cia Tweel, who carried the torch up Quinpool Road during the afternoon, described the whole event as "like an out-of-body experience."

"I feel so honoured and so grateful," said Tweel, who teaches fitness classes throughout Halifax. "On the way over here, they were showing us the picture of the torch coming from Greece and I was tearing up."

Like many torchbearers, Tweel applied online for a chance to carry the flame in her hometown.

"We all had to make a pledge, and my pledge was that I would help Canadians get fit one person at a time," she said.

After several minutes of nervous anticipation, Tweel took the flame from torchbearer Evan MacLean, who had just finished running up a huge hill near the Armdale Rotary.

A winded MacLean barely had a chance to speak before being whisked away in a shuttle carrying the torchbearers along the route.

"It's was absolutely amazing," he shouted as an official extinguished his torch and he boarded the bus. "The experience of a lifetime."



RYAN TAPLIN/METRO HALIFAX

Dartmouth's Mary Matheson runs with the Olympic torch on Cherry Brook Road yesterday. The torch will be back in Halifax tomorrow morning when runners leave from the top of Citadel Hill.

Encore visit

• The Olympic torch is coming back for a quick visit tomorrow. The flame will head down the South Shore today before swinging around the southern tip of the province, then up towards the Annapolis Valley. It will return to Halifax and Sackville tomorrow, before heading north towards New Brunswick.

Torch relay spectators like moths to a flame

WITNESSES Thousands of people in the Halifax Regional Municipality came out yesterday to catch a glimpse of Olympic history in the making — and they weren't disappointed.

The Olympic torch relay wound its way through its entire scheduled route without so much as a leg cramp to slow it down.

"I took the ferry and came over to see it," said Jewel March, who waited for the flame near the Alderney Gate Public Library in Dartmouth. "I'll probably never get another opportunity like this ... the Olympics really bring the whole world together in a peaceful way."

A short distance away, a number of students from Dartmouth High School made their way down to Windmill Road to watch the torch pass.

"It was pretty cool," said student Ashley Doyle. "It's kind of a privilege to have it in our city."

Susan Hawkins waited for the torch near the Macdonald Bridge, and said she wouldn't have missed the event for anything.

"I've never seen anything like this outside of the television," said Hawkins, who lives in Dartmouth. "It's historic."

MONIQUE MUISE/ METRO HALIFAX



ANDREW VAUGHAN/THE CANADIAN PRESS

Olympic sprint canoe paddler Andrew Russell, right, and teammate Gabriel Beauchesne-Sevigny paddle with the Olympic torch on the historic Shubenacadie Canal in Dartmouth yesterday.

"The Olympics really bring the whole world together."
Jewel March, spectator

MedicAlert info now available on ambulances

HEALTH Paramedics in Nova Scotia now have access to more information to help them save lives.

MedicAlert Access-En Route allows paramedics to look at MedicAlert emergency health records from ambulances.

The system includes data such as allergy, medication and physician information.

More than 43,500 Nova Scotians are enrolled with MedicAlert.

That includes people of all ages with chronic medical conditions such as diabetes, hypertension, asthma and allergies, medical implants and special needs.

The project will cost about $625,000.

THE CANADIAN PRESS

Charges laid after home drug search

CRIME Two people are facing charges after Halifax RCMP conducted a drug search at a residence on Milo Terrace in Beaver Bank on Tuesday evening.

Police conducted the search at 5 p.m. and say they seized 264 grams of marijuana, 131 Hydromorphone contin pills, 30 Dilaudid, seven Hydromorphone and other drug paraphernalia and cash.

Timothy Morash, 36, and Paul Osmond, 23, were arrested and due in provincial court yesterday facing charges of possession for the purpose of trafficking.

THE CANADIAN PRESS

Spring Garden Area's Quick Facts

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Did you know that **Rosemary's Chocolates**, in Dresden Row Market (1535 Dresden Row) hand makes decadent Belgian chocolates, is PEANUT FREE and has a variety of dairy-free & gluten-free products?!

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Pedestrian hit by car, seriously injured

A 53-year-old man was taken to hospital with serious injuries Tuesday night after being struck by a vehicle while crossing the road — not in a crosswalk — on Wyse Road in Dartmouth. There are no charges pending against the driver. METRO HALIFAX

Naugle case delayed

Judge grants two-month delay in drunk-driving sentencing

PAUL MCLEOD
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The lawyer for a serial drunk driver with over 20 convictions won a controversial adjournment yesterday at Dartmouth provincial court.

Over the strenuous objections of the Crown, defence lawyer Peter Planetta won a two-month delay for the sentencing of his client, 51-year-old Terry Naugle.

Planetta said he wrote the judge Monday saying he wasn't prepared for the hearing. Prosecutors say they were never told.

"When I came into the building I heard rumours from people off the street that this matter was going to be adjourned. So it was news to me," Crown lawyer Cheryl Byard told reporters outside the courtroom.

Planetta told the court the lack of notification must have been a mistake. He had no comment when reached afterwards.



PHILIP CROUCHER/METRO HALIFAX

Crown attorney Cheryl Byard speaks to reporters as Tatamagouche's David and Julia McMillan look on after the sentencing for serial drunk driver Terry Naugle was delayed until Jan. 27 yesterday at Dartmouth provincial court.

Typically days served before a sentence count as double time, but Byard said she would ask the judge not to give Naugle double credit.

The case stems from a March 28 incident where Naugle struck a car carrying David and Julia McMillan of Tatamagouche, and their daughter Jill. Naugle had already been banned from driving after numerous DUI charges and convictions.

The McMillans expressed frustration after taking a day off work with no pay to go to court yesterday.

"We're very angry and very frustrated," Julia said. "We feel like they're just toying with our lives to do that. And they get away with it. Our system allows them to do this."

Naugle's niece, Stacey Strickland, said she was also frustrated with the defence lawyer. She said she was not informed of the delay request either, nor was Naugle when she talked to him Monday evening.

Naugle pleaded guilty in October to leaving the scene of an accident, refusing a breathalyzer test and driving after being banned from operating a vehicle. All three counts carry maximum penalties of five years. Byard said she will ask for at least two to be served consecutively, rather than at the same time.

Niece says Naugle needs holistic help

PAUL MCLEOD
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VICTIMS Terry Naugle needs more than just jail time, his niece urged yesterday.

Stacey Strickland said her uncle grew up facing sexual abuse, extreme poverty and later drug and alcohol addictions. He has been convicted of drunk driving over 20 times and is once again awaiting sentencing.

> **"The McMillan family, they deserve to have a sense of justice."**
> Stacey Strickland, niece

Strickland said she understands Naugle may need jail time for his crimes, but she hopes the court will also look into alternatives.

"I would like them to think outside the box and maybe try to save his life as opposed just incarcerate him for another five or six years when historically, for the last 30, it's not worked," she said.

Strickland believes Naugle needs a holistic approach, including drug, alcohol and abuse counseling to "revamp" his life. However, the only facilities in Canada certified for holistic treatment are in Quebec and British Columbia.

She said for the first time she knows of, Naugle pleaded guilty to these latest charges. She said Naugle seems to be taking responsibility for his actions and looking to change.

Strickland said she hopes the system can work for both the McMillan family, whom Naugle hit while driving drunk this March, and her uncle.

"The McMillan family, they deserve to have a sense of justice. They were victimized by my uncle, no question," she said.

"But let's not make two victims here. Get him to do the time that our society deems he needs to do for the crime he committed, but let's also try to save him this time."



*OAC. Representative finance example based upon $15,000 financed at 0% (equals $416.67 per month for 36 months). Down payment or equivalent trade-in may be required. Cost of borrowing is $0, for a total obligation of $15,000. Taxes, freight and PDI, license, insurance, registration and applicable fees are extra. Customer Incentive offers end November 30, 2009. See O'Regan's Toyota for details.

Theodore Tugboat shipping off to Boston for Christmas tree lighting
Nova Scotia ambassador Theodore Tugboat will be in Boston next week to take part in the annual Christmas tree lighting event and offer free daily tours to the people of Beantown. Nova Scotia sends a Christmas tree to Boston every year as appreciation for their help during the aftermath of the Halifax Explosion. METRO HALIFAX

Capsized boat was unstable, report says

A small, high-powered fire boat that capsized in Halifax harbour last fall, dumping several firefighters into the water, had limited stability and it took only a small amount of force to tip it over, the Transportation Safety Board says in a report released yesterday.

No one was hurt when the new, 8.5-metre Firehawk flipped in calm conditions on Sept. 17, 2008 — the third day of training exercises and performance trials.

As well, the boat was not overloaded and would have met Canadian safety standards, the board's final report said.

But the board's lead investigator, Don Eaves, said those standards, based on rules from the International Organization for Standardization, do not provide a good indication of a craft's true stability.

"Small vessels that are assessed solely against these standards may meet the criteria yet have insufficient stability," the report says.

> **"It only took a very small force for the vessel to heel over. It didn't do particularly well in that test."**
> Don Eaves, Transportation Safety Board

That's why the board conducted a comprehensive, computerized test based on stability standards traditionally used by the international maritime community.

The tests revealed that the speedy, $250,000 craft was not inherently stable, having failed to meet virtually every minimum requirement in the test, known in the industry as the Stab 6 standard.

"It only took a very small force for the vessel to heel over," Eaves said in an interview. "It didn't do particularly well in that test."

According to the tender document, the vessel had to be capable of operating in 60 kilometre-per-hour winds and three-metre waves.

On the day of the capsizing, the harbour was calm. But the firefighter at the controls of the California-built vessel ran into trouble when he steered to port, or left, in a slow, tight turn in Dartmouth Cove.

As the fibreglass boat leaned into the turn, the driver was told to apply more throttle, but the boat continued to roll to port as the thrust was applied and it quickly overturned.

Three of the eight people aboard — most of them firefighters — quickly surfaced. The other five were briefly trapped in the boat's pilothouse.

They were all rescued by a Canadian Coast Guard fast-rescue craft, stationed nearby. THE CANADIAN PRESS

$2,600 cut from legislature allowances

CUTS The 52 members of the Nova Scotia legislature will see a cut of about $2,600 from their receiptable allowance over the last three months of the current fiscal year.

The decision to reduce the amount allotted in January, February and March by $865 each month was made yesterday. House Speaker Charlie Parker said the move provides the $130,000 in cuts required to members' expenses in order to meet the $200,000 in cuts set out for the current fiscal year by the Finance Department.


House Speaker Charlie Parker

Parker said the money is typically used by members to pay for office help, office rent, advertising and the like. The board had to find the extra money when it only came up with about $70,000 in savings by discontinuing the $200,000 public fund for technological purchases last month.

In September, the government also eliminated a $45,000 payment to defeated and retired politicians. THE CANADIAN PRESS

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Tractor-trailer flips on Kelly's Mountain

A tractor-trailer flipped on its side early yesterday morning on Cape Breton's Kelly's Mountain near the New Campbellton Road at the switchback turn. According to RCMP, the accident occurred around 4:50 a.m. as a result of a load shift on the truck. There were no serious injuries. METRO NEWS SERVICES

News in brief

TOURISM Nova Scotia saw a five per cent increase in the number of tourists in September from this year compared to last, the province reported yesterday. Through the first nine months of 2009, there was a one per cent increase in the amount of tourists from the same period in 2008. For September, the province had 229,800 visitors, bringing the total number for the year to 1,676,800. The number of visits by road was up again, this time by eight per cent. On the downside, people visiting the province by air was down 13 per cent, while room nights sold was down four per cent.

METRO HALIFAX

H1N1 and Seasonal Flu Vaccine Schedule

November 19–21

People who are at the greatest risk for H1N1 need the vaccine first. Vaccine is currently available only for priority groups identified by the provincial government. For the most up-to-date list of priority groups, visit **www.gov.ns.ca/h1n1** or **call 811.**

If you are not in a priority group, please be patient! Once more supply becomes available, everyone who wants a vaccine will receive one.

Please note: clinic locations and hours may be updated often. For the most up-to-date Vaccine Schedule, visit **www.cdha.nshealth.ca** or **www.iwk.nshealth.ca** or **call 811.**

Thursday, Nov. 19

East Dartmouth Community Centre, Dartmouth
Room 103 and 105A, B & C, Lower Level
2:00 pm – 7:00 pm

Captain William Spry Community Centre, Spryfield
Community Meeting Room - Main Entrance
2:00 pm – 7:00 pm

Italian Canadian Cultural Association, Halifax
Main Hall
1:00 pm – 6:00 pm

Newbridge Academy (in the Sackville Sports Stadium), Lower Sackville
Gym-Hockeytown Entrance
2:00 pm – 7:00 pm

Friday, Nov. 20

East Dartmouth Community Centre, Dartmouth
Room 103 and 105A, B & C, Lower Level
2:00 pm – 7:00 pm

Captain William Spry Community Centre, Spryfield
Community Meeting Room - Main Entrance
2:00 pm – 7:00 pm

Italian Canadian Cultural Association, Halifax
Main Hall
1:00 pm – 6:00 pm

Newbridge Academy (in the Sackville Sports Stadium), Lower Sackville
Gym-Hockeytown Entrance
2:00 pm – 7:00 pm

Saturday, Nov. 21

East Dartmouth Community Centre, Dartmouth
Room 103 and 105A, B & C, Lower Level
2:00 pm – 7:00 pm

Italian Canadian Cultural Association, Halifax
Main Hall
1:00 pm – 6:00 pm

Newbridge Academy (in the Sackville Sports Stadium), Lower Sackville
Gym-Hockeytown Entrance
2:00 pm – 7:00 pm

What you need to know when you come for your vaccine:

- Bring your health card (but you can still be vaccinated if you don't have one)
- Wear short sleeves and loose clothing
- If the clinic is busy when you arrive, try coming back later
- If you decide to stay, please come prepared to wait
- If you aren't well, come for your vaccine when you are feeling better

If you have flu-like symptoms, go to a Flu Assessment Centre. If you are severely ill, go to your nearest emergency department or call 911.

For Assessment Centre locations or to learn more, visit:
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gov.ns.ca/h1n1 or www.fightflu.ca

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Disorder in the court

Inmate's escape attempt leads to brief shutdown

PHILIP CROUCHER
philip.croucher@metronews.ca

"The offender was able to get away from the sheriffs that were immediately beside (the offender) ... and made it into the main lobby." Jennifer Gavin, Justice Department

The Halifax provincial courthouse was shut down during the lunch hour yesterday as sheriff deputies used pepper spray to foil an escape attempt of an inmate who was being transported into court.

Department of Justice spokeswoman Jennifer Gavin said the incident happened at noon time as two sheriff deputies were taking the handcuffs off an offender before leading the person into court.

"Before any offender goes into a court room the normal procedure is to remove the handcuffs," Gavin explained. "At this point, the offender was able to get away from the sheriffs that were immediately beside (the offender) ... and made it to the main lobby. At this point, the sheriffs were able to pepper spray the offender."

Gavin wouldn't say the age or gender of the offender, but that they were in custody prior to being led up to court.

Gavin said the offender was being transported into a court room on the third floor before bolting. The offender was then re-apprehended by three sheriffs after being pepper sprayed. The offender and three sheriffs were hit by the pepper spray, but there were no injuries.

"Our sheriffs are very well trained. They reacted very quickly and efficiently," Gavin said. "They effectively managed to re-apprehend the offender very quickly. And by all preliminary reports, all proper procedures were being fore-followed."

Gavin said the courthouse was re-opened at 1 p.m.



JON TATTRIE/FOR METRO HALIFAX

Sheryl Fink of the International Fund for Animal Welfare adjusts stuffed seals at Victoria Park yesterday as Sparky the 40-foot seal and Robbie Burns look on.

Seal hunt protesters target torch run

PROTEST A pair of animal rights groups are planning on protesting the seal hunt during the Olympic torch run over the next few months.

However, organizers say they won't disrupt the run and will instead be inflating a giant seal named Sparky at locations away from the spectators.

Dan Mathews, the senior vice-president of People for the Ethical Treatment of Animals or PETA, said yesterday his group, along with the International Fund for Animal Welfare, will use "the opportunity" of the torch tour to deliver its message that the seal hunt should be banned.

He says with "the eyes of the world" on Canada and the Vancouver Olympics his group "can't resist the opportunity to engage people" about the commercial seal hunt issue.

"It's a parody — anything that's a public thing is open to parody." PETA's Dan Mathews, on mock 2010 logos

Some of the protesters carry signs showing the Olympic logo — an Inuit inukshuk — swinging a hakapik at a white seal sitting on a Canadian flag. "It's a parody — anything that's a public thing is open to parody," Mathews said of the use of the logo.

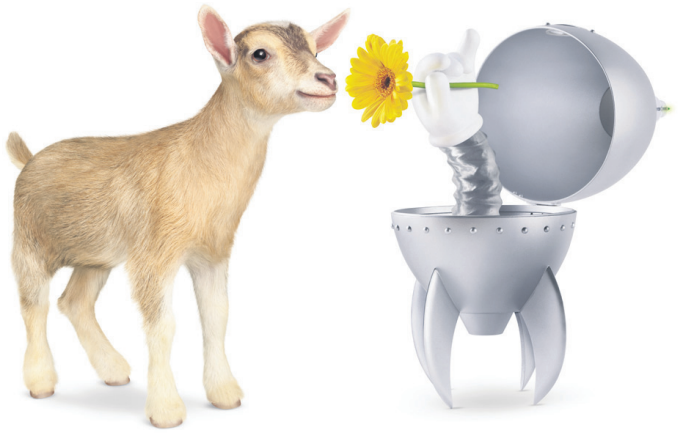
Mathews said he doesn't have any difficulty with the Olympics, but rather is taking advantage of the event to criticize Canada for its sanctioning of the hunt, much as some Tibetans used the Beijing Summer Games as an opportunity to protest against the Chinese government.

One onlooker in Halifax, 20-year-old Craig Dewar, said yesterday he thinks the protests are conveying a "one-sided" message and he said he believes a ban on the hunt will lead to too large of a seal population.

The Nova Scotian said he comes to the PETA protests to peacefully debate the point of view of the anti-sealing groups.

He said the groups are "definitely media whoring, but that's what everyone has to do to get attention these days."

THE CANADIAN PRESS



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Debt to clear half-trillion mark: CTF
The federal government's debt will zip back over the half-trillion-dollar mark this Sunday evening, the Canadian Taxpayers Federation says. THE CANADIAN PRESS

Canada



Alleged Nazi gets reprieve

An appeal court has ordered the federal cabinet to revisit its decision to strip accused Nazi war criminal Helmut Oberlander of his Canadian citizenship. In a 2-1 decision made public yesterday, the Federal Court of Appeal told cabinet to reconsider the issue of whether Oberlander was a willing member of his military unit, given that the penalty for desertion was execution.

THE CANADIAN PRESS

PM ends trip with temple visits

INDIA TRIP India's stunning contrasts were once more in evidence as Prime Minister Stephen Harper concluded a three-day tour of the emerging South Asian economic giant.

While investment and trade were the ostensible touchstones of Harper's first visit to the Indian subcontinent since coming to power four years ago, tours of a pair of very different temples yesterday served to provide the Conservative prime minister with some Indian multicultural bonafides on the home front.

"This trip is the culmination but it's also the jumping off point," Harper said in a brief wrap-up interview with two Canadian reporters chosen by the Prime Minister's Office.

"It's the culmination for a lot of that we've been doing for the past two or three years to really try to rebuild and build up our relationship with India and get it on a different plane."

That would be a Conservative plane, judging by the spectacular and politically savvy choice of sites for Harper's final two photo opportunities of the visit.

THE CANADIAN PRESS



ADRIAN WYLD / THE CANADIAN PRESS

Prime Minister Stephen Harper is seen as he visits the Golden temple in Amaritsa, India yesterday.

Captives beaten and shocked, says official

Liberals accuse Tories of coverup in prisoner treatment

A federal official says all of the prisoners Canada handed to Afghanistan's notorious intelligence service in 2006-07 were tortured — and many of them were likely innocent.

Intelligence officer Richard Colvin, a former diplomat in Afghanistan, testified before a special House of Commons committee yesterday.



Richard Colvin

He told MPs that captives taken by Canadian troops and handed over to the Afghans were subjected to beatings and electric shocks in 2006 and early 2007.

In a blistering indictment of Ottawa's handling of prisoners, Colvin said the Red Cross tried for three months in 2006 to warn the Canadian army in Kandahar about what was happening to prisoners, but no one would "even take their phone calls."

He painted a dramatic picture of institutional indifference that morphed into an exercise in damage control once allegations of abuse became public in April 2007.

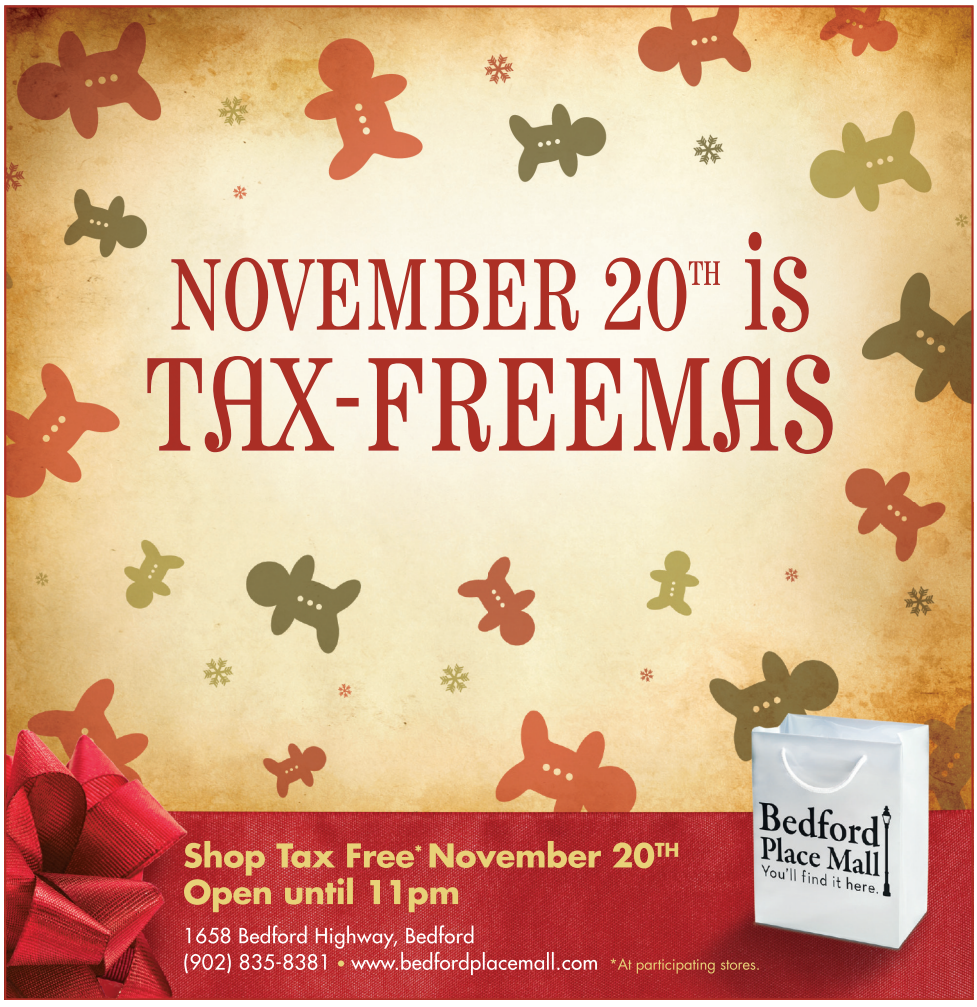
Colvin said he was ordered not to write about prisoners, and soon afterward reports from the field began to be "censored."

The Liberals attacked the Conservatives during question period, accusing the party of orchestrating a coverup.

THE CANADIAN PRESS

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Livid Liberals slam accusatory flyers

POLITICS Angry Liberals yesterday accused the Conservative government of reaching a new political low by circulating flyers accusing the Liberals of being anti-Semitic.

The "scandalous" flyers, which feature a photo of Prime Minister Stephen Harper, target ridings with large Jewish communities.

They accuse the Liberals of participating in the 2001 UN racism conference in Durban, South Africa, which the pamphlet describes as overtly anti-Semitic, supporting terrorist groups Hamas and Hezbollah and specifically go after Liberal Leader Michael Ignatieff for accusing Israel of committing war crimes.

"It is the lowest that I have seen in all of my experience."
MP Joe Volpe

"It is the lowest that I have seen in all of my experience on Parliament Hill ... Nobody could have ever imagined that the Prime Minister of Canada and a Conservative party could stoop this low. It's the worst of the worst," Toronto Liberal MP Joe Volpe said.

TORSTAR NEWS SERVICE

Make women priority: Activists

G8 Activists are challenging Prime Minister Stephen Harper to "change the lives of women and girls around the world" by making their concerns a priority at next year's G8 and G20 summits.

Catherine MacDonald, executive director of Action Canada for Population and Development, says more than 500,000 women and girls die each year from pregnancy-related problems.

MacDonald says one in 7,300 Canadian women die from complications in pregnancy and in childbirth, while in Afghanistan the rate is one in seven.

At a news conference marking the release of a United Nations population report, he says such deaths are preventable and Canada, which hosts two summits in Ontario next June, is in a unique position to do something about it.

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Terror suspect to remain in jail

A Canadian businessman caught up in a murky international terrorism plot who had been set to appear in a Chicago court Thursday seeking bail will remain behind bars at least until Dec. 2. THE CANADIAN PRESS

Canada should pull out, says Afghan official

She sleeps in safe houses, with a rotating squad of bodyguards securing the doors. She goes out only in a billowing burqa. And even her wedding was held in secret.

Elected the youngest member of the Afghan parliament — and suspended for her outspoken criticism of the country's top officials — Malalai Joya has been labelled the bravest woman in Afghanistan.

Small, soft-spoken and now 31, she has survived at least four assassination attempts and is angry at the oppressive life she is forced to lead, dodging enemies she has denounced as bloody-handed warlords and drug kingpins.



Malalai Joya

But as President Hamid Karzai is inaugurated Thursday for another four years in office after a fiercely disputed election, she says his term is already tainted by the corruption, criminality and violence of those around him.

"(Prime Minister) Stephen Harper says this election was a success," she says. "But Karzai has not only insulted, but betrayed the Afghan people."

Karzai has vowed to launch anti-corruption investigations under pressure from Washington. But, Joya insists, Canada is wasting blood and treasure on keeping his government in power.

"Canada should pull its troops out now," she said, on a tour for her book A Woman Among Warlords, co-written with Canadian peace activist Derrick O'Keefe. TORSTAR NEWS SERVICE



Surgeon accused of plotting two deaths

CHARGES Prosecutors in Washington State have filed charges of solicitation to commit first-degree murder against a laser eye surgeon accused of trying to have two colleagues killed.

Dr. Michael Mockovak, 51, is accused of paying $10,000 to an informant to have his business partner, Dr. Joseph King, murdered, with $15,000 more to be allegedly paid once the deed was complete. Mockovak and King co-founded the Clearly Lasik franchise, which has outlets in Washington, Oregon, Alberta and British Columbia. King is a graduate of the University of British Columbia and holds both Canadian and American citizenship.

Prosecutors allege the other intended victim was Brad Klock, a former hockey player from Port Alberni, B.C., who had sued the company after being dismissed from his job as company president.

According to media reports in Seattle, court documents indicate the investigation was launched in April after an employee contacted a family friend working for the FBI's Portland office.

The court documents allege the informant told investigators that Mockovak had asked him in early 2008 if he had any contacts in the "Russian Mafia" who could arrange to have Klock killed. The documents allege Mockovak later shifted his aim to King. TH CANADIAN PRESS

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British couple arrested for helping spread computer viruses

A couple suspected of spreading some of the Internet's most aggressive viruses such as Zbot were arrested in the English city of Manchester, police said yesterday. THE ASSOCIATED PRESS

World

Free condoms to help save the world?

UN says slowing population growth could help climate change

The battle against global warming could be helped if the world slowed population growth by making free condoms and family planning advice more widely available, the UN Population Fund said yesterday.

The agency did not recommend countries set limits on how many children people should have, but said: "Women with access to reproductive health services ... have lower fertility rates that contribute to slower growth in greenhouse gas emissions."

"As the growth of population, economies and consumption outpaces the Earth's capacity to adjust, climate change could become much more extreme and conceivably catastrophic," the report said.

The world's population will likely rise from the current 6.7 billion to 9.2 billion in 2050, with most of the growth in less developed regions, according to a 2006 report by the United Nations.

The UN Population Fund acknowledged it had no proof of the effect that population control would have on climate change. "The linkages between population and climate change are in most cases complex and indirect," the report said.

Still, Thoraya Ahmed Obaid, the UN Population Fund's executive director, told a news conference in London yesterday that global warming could be catastrophic for people in poor countries, particularly women.

"We have now reached a point where humanity is approaching the brink of disaster," she said.

THE ASSOCIATED PRESS

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FBI searching for 'Geezer Bandit'

CALIFORNIA An elderly, grey-haired man known as the Geezer Bandit is suspected of robbing five California banks beginning in the summer. The man, who is believed to be in his 70s, has been robbing banks at gunpoint in the San Diego area, FBI investigators say.

He most recently held up a Bank of America branch on Monday, demanding cash and then taking off on foot. FBI spokesperson Darrel Foxworth said the septuagenarian stick-up artist often wears a hat or cap, and was seen lugging around an oxygen tank during one of his capers.

There is a $16,000 US reward for information that leads to his arrest and conviction. THE ASSOCIATED PRESS

New York **Baby steps**



KATHY WILLENS/THE ASSOCIATED PRESS

Environmental activist Erin Brockovich — portrayed by Julia Roberts played in the 2000 movie — plays with toddlers while promoting a virtual Million Baby Crawl yesterday. The Million Baby Crawl is a grassroots effort to pass stronger U.S. regulations against chemicals in household products.

Success of visit depends on who you ask

BEIJING Chinese state media heralded U.S. President Barack Obama's maiden trip to China as a triumph, but ordinary Chinese were largely shielded by their government from his most critical remarks and activists were disappointed by the measured tone of those they did hear. One blogger even pined for the tough line taken by former president George W. Bush.

"Like a star rushing from one show to another, Obama has come and gone, without stirring the slightest ripples," blogger Zhao Dezhu wrote in an online post. Zhao, who writes a popular blog, said the visit made him miss Bush who "couldn't speak with flowery language and even made grammatical mistakes but spoke as plainly as an American farmer."

Obama, by contrast, speaks "with sweet but empty words."

State media portrayed the two-and-a-half day trip as a slam-dunk for China-U.S. relations, saying a joint statement issued by Obama and China's President Hu Jintao was a breakthrough to inspire the world.

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Family reunion

- U.S. President Barack Obama said yesterday that he met with his half brother who lives in China and who recently wrote a semi-autobiographical novel about the abusive Kenyan father they share.

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12 world A couple whose lavish lifestyle was featured on an episode of the reality show Wife Swap have pleaded guilty to federal charges in Buffalo, N.Y. Ralph Guastaferro faces up to five years in prison for laundering $1.2 million US for a Canadian telemarketing scheme. His wife, Karen, could be sentenced for paying employees of the couple's business off the books. THE ASSOCIATED PRESS

'Wife Swap' couple plead guilty

News in brief

KABUL Security forces increased patrols on some streets in the Afghan capital and blocked others entirely yesterday, bracing for possible militant attacks during the inauguration ceremony that will cement President Hamid Karzai's tumultuous re-election victory. Karzai will be sworn in today for his second five-year term.

MISSOURI Authorities seized pornography from a man charged in a child sex abuse case. THE ASSOCIATED PRESS



Palin pulls in the people

College students ditched class, employees skipped work and some huddled in the cold overnight just to make sure they get an orange wristband that would let them meet Sarah Palin.

Thousands gathered outside a Grand Rapids, Michigan, Barnes&Noble store yesterday for the kickoff of the former Republican vice-presidential candidate's Going Rogue book tour, which has taken on the feel of a political pep rally.

"I just can't tell you how good it is to be back in Michigan," the former Alaska governor told the crowd, which chanted "Palin! Palin!"

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms, and just the hard-working, patriotic Americans who are here," Palin said.

The memoir was released Tuesday but has topped best-seller lists for weeks. At the Barnes&Noble, about 1,000 orange wristbands were handed out, allowing wearers to get two copies autographed by Palin at the three-hour signing event.

"Alaska and Michigan have so much in common, with the huntin' and the fishin' and the hockey moms."
Sarah Palin during a book promo stop in Michigan

Going Rogue follows Palin from childhood to her departure last summer as Alaska governor.

The title refers to her independent streak as a candidate, stemming from complaints within the campaign of Republican presidential nominee John McCain that she had gone "rogue" by disagreeing with the campaign's decision to pull out of Michigan last October.

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Comment

Private versus public relationships



Single. In a Relationship. Engaged. It's Complicated. Single.

Two acquaintances got engaged. My best friend from the third grade got married. And a former colleague got divorced — for the second time. I know these things, not because I've spoken to them recently. I know these things because of Facebook.

I'm fascinated by what people choose to share about their romantic lives on the Internet. Some are coy, secretive. Others define themselves by their relationship or blogging ceaselessly about significant others.

It's another kind of PDA (Public Display of Affection). Changing your Facebook status to In a Relationship is the new Making Out on Park Benches.

But once you've gone public and shared your happiness with several hundred of your closest friends, what happens if your relationship ends?

I've only met Lauren White a couple of times, but I feel like I've known her forever. Her blog, Raymi The Minx (www.raymitheminx.com), has amassed an impressive following over the years. On my computer screen, she is a stunning, unsmiling woman who painstakingly documents minutiae like new outfits, found objects and elaborate meals. In person, she is sweet and smiley, funny and friendly. Her partner Phil was the handsome photographer who made her into his muse. Online, they appeared a perfect hipster power couple.

When I discovered that Raymi and Phil had recently ended their engagement, I felt like I had learned of the breakup of two close friends. And given the scads of supportive emails that she received and posted on her site, I wasn't alone.

Phil and Raymi were fun-loving and photogenic online, but real life was another matter:

"we acted beautifully together for everyone else but us. while alone it was stretches of silences for hours in our own little online worlds until it became dark then we'd get ready and go out to whateverthe f— was going on that nite."

The Ballad of Raymi and Phil can be taken as a cautionary tale. In our full-disclosure world, we should be mindful that sharing intimate details of our lives means that we will have an audience when it all falls apart.

Go ahead and flaunt your relationship online. Just make sure it's as great in real life as it looks on paper (or in pixels). Because it's better for you to be genuinely happy than for us to believe you are.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Imagine a mobilization against sex assaults



"What if we did as much to prevent rape as we do to prevent H1N1?" This question was posed recently by a blogger from Bitch, one of my favourite feminist magazines, and, for some reason, I can't stop thinking about it.

The blogger in question, Meg Stone, asked her readers to imagine a world where the government, the media and the health-care system mobilized as loudly against sexual assault as they're doing against swine flu. Think about it: Coast-to-coast public education campaigns! Daily news reports! Pissed-off citizens determined to do everything they can to protect themselves and their loved ones!

It may seem odd — scandalous, even — to draw a comparison between the H1N1 pandemic and sexual assault. But while these are very different and complex problems, they share some common ground.

On the most basic level, both put public safety at risk. Reducing the prevalence of either requires a change in public behaviour and cultural norms. And as Amnesty International argues in its Stop Violence Against Women campaign, "Violence against women and girls is a global pandemic."

So, can you picture it? An alternate reality where rape prevention is at the top of the agenda?

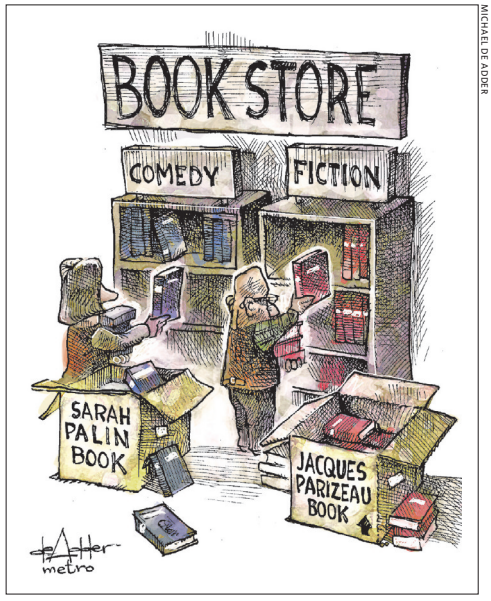
Probably not. Even though statistics tell us that one in four Canadian women will be sexually assaulted during her lifetime, this is not typically seen as a health and safety crisis.

The shame and stigma associated with sexual assault means that we still don't talk about it and most victims don't report it.

Instead of Stone's vision of preventative measures on the front page, the news we hear is disturbing and disempowering.

Unlike H1N1, sexual assault has been part of our world for so long that we don't think we can fight it. Well, we certainly won't by remaining apathetic. While I'm not naïve enough to expect the large-scale mobilization Stone dreams about, she provides a welcome reminder that change is worth fighting for.

Melinda Mattos is a Toronto-based writer, editor and co-founder of feminist teen magazine Shameless. Visit www.shamelessmag.com



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EU and GM to hold Opel talks

The EU Commission says it will host high-level talks among EU countries and top GM Europe officials to discuss restructuring plans for troubled carmaker Opel. EU spokesman Ton Van Lierop says the meetings will be held Monday. THE ASSOCIATED PRESS

Business

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It's the CRTC's fault: Canwest

Cable companies have gained so much power they have become a threat to Canadian broadcasting, and the national telecommunications regulator is mostly to blame, says Canada's second-largest private broadcaster.

Canwest Global Corp. president Leonard Asper blamed the CRTC for setting ground rules that have impoverished broadcasters and put cable firms in the penthouse.

"Broadcasting is a regulated business. Once you decide to regulate, it should be fair regulation," he chided the CRTC during hearings on the future of broadcasting yesterday.

Cable firms like Rogers and Shaw have most of the power in the industry today, he said.

> **"Once you decide to regulate, it should be fair regulation."**
> Leonard Asper

Canwest is the last to appear before the CRTC asking that the regulator set conditions that would compel cable and satellite operators to pay for TV signals.

The trouble is, making such a decision would leave it open for the carriers to charge customers as much as $10 a month to cover the extra costs, which they have said they would do.

THE CANADIAN PRESS

Inflation jumped by full point in October: StatsCan

ECONOMY Canadians paid more for food, clothes and tuition in October as the annual inflation rate ticked higher for the first time in five months.

Statistics Canada said yesterday the annual inflation rate jumped a full point to edge above zero at 0.1 per cent in October, reversing an unusual situation that existed since May in Canada where overall prices were lower than a year earlier.

The data also showed Canadians were paying less for gas, automobiles and hotels.

And it's unlikely the inflation rate will fall below zero again for some time.

Food continues to be a main driver of higher inflation. Food prices were 2.3 per cent higher in October than 12 months earlier.

THE CANADIAN PRESS

Inflation rates across Canada

- Previous month in brackets:
- Halifax, -0.3 (-0.4)
- Montreal, 0.7 (0.0)
- Ottawa, 0.4 (-1.0)
- Toronto, 0.3 (-1.0)
- Edmonton, 0.4 (-0.5)
- Calgary, 0.1 (-1.2)
- Vancouver, -0.6 (-1.0)

Americans crossed border more in September

STATSCAN Travel to Canada by U.S. residents increased in September compared with August, while travel from Canadian residents to the United States declined.

Statistics Canada reports the overall number of trips to Canada from abroad increased 1.6 per cent to two million while the number of trips by Canadian residents abroad decreased 1.7 per cent to just less than four million.

Travel from U.S. residents to Canada increased 2.1 per cent in September to nearly 1.7 million trips.

Travel from residents of overseas countries was down 1.3 per cent in September compared with August, as travellers from non-U.S. destinations made 327,000 trips to Canada.

Canadians took 690,000 trips overseas in September, up 0.4 per cent from August.

THE CANADIAN PRESS

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In brief

CREDIT German banks are calling back tens of thousands of credit cards over security concerns after allegations of data theft in Spain. "All banks are affected," said Steffen Steudel, spokesman for Germany's umbrella Central Credit Committee yesterday. Germans who have travelled to Spain in the last few months were asked to check their credit card bills to see if unauthorized purchases were made.

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Montreal Weekend
Air + 3 Nights from $499 + taxes & fees $127

London Air + First 2 Nights + London Transit Card from $549 + taxes & fees $403
INCLUDES accom with breakfast and 4-day Oyster Travel Card for the London underground.

Toronto & Niagara Falls
Air + 3 Nights + Activity from $599 + taxes & fees $122
INCLUDES day trip to Niagara Falls.

Mt Tremblant
Air + 3 Nights + Lift Passes from $699 + taxes & fees $127
INCLUDES 3-day pass to Mt Tremblant.

Kuala Lumpur & Penang
Air + 6 Nights from $1749 + taxes & fees $530
INCLUDES all air, 2 nights accom in Kuala Lumpur and 4 nights accom in Penang.

Bali Air + 6 Nights + Activities from $2259 + taxes & fees $228
INCLUDES 3 nights accom in Alila Ubud, 3 nights in Alila Manggis, breakfast daily, 1-hour massage in Alila Ubud, transfers, 3-course romantic dinner in Alila Manggis and scenic tour Sideman Valley with lunch.

Cruise Vacations

Caribbean & New York
Air + 1 Night + 8-Day Cruise
from $1199‡ + taxes & fees $190
INCLUDES air to New York, 8-day cruise visiting Grand Turk, Half Moon Cay private island & Nassau and 1 night Manhattan accom.

Southern Caribbean
Air + 7-Day Cruise from $1239‡ + taxes & fees $279
INCLUDES air to San Juan, 7-day cruise visiting St Thomas, Dominica, Barbados, St Lucia, St Kitts & St Maarten and post-cruise transfer.

Caribbean & Florida March Break
Air + 2 Nights + 5-Day Cruise from $1399‡ + taxes & fees $304
INCLUDES air to Miami, transfer, 5-day cruise visiting Ocho Rios and Grand Cayman, 2 nights accom near Hollywood Beach and 2-day car rental.

Bahamas & Orlando
March Break, Air + 3 Nights + Car + 4-Day Cruise from $1519‡ + taxes & fees $161
INCLUDES air to Orlando, transfer, 4-day cruise in an oceanview stateroom visiting Freeport and Nassau, 3 nights accom near *Walt Disney World* Resort and 3-day car rental. Cruise departs Port Canaveral.

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Goulet slapped with four-game suspension
Baie-Comeau Drakkar forward Guillaume Goulet has been suspended for four games by the QMJHL for a check from behind on Halifax Mooseheads defenceman Steve Gillard last Saturday. Gillard was not injured. METRO HALIFAX

Sports



Gallagher on fire in NCAA

Dartmouth's Blake Gallagher is one of the hottest scorers in NCAA Division I hockey this season, with five goals and four assists in five games with the Cornell Big Red. The 21-year-old is in his fourth season at the Ivy League school. METRO HALIFAX

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Jones bringing the 'power' back

Tailback set to return after serving two-game suspension

MATTHEW WUEST
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Devon Jones is used to getting plenty of carries for the Saint Mary's Huskies. But the amount of off-field pacing he did last week might have been just as fatiguing.

The second-year all-star tailback was forced to stand in the bleachers for last Saturday's Loney Bowl as he served the final stage of a two-game suspension. Worse still, he left Huskies Stadium in a tense third quarter to accompany injured teammate Quinton Meaders to the hospital.

He roamed the hospital getting sporadic game updates via text message from his brother Tristan, a fellow Huskies running back who was sidelined with a shoulder injury.

"It was just torture," said Jones, who earned the ban for a deliberate attempt to injure an opponent.

"I'm pacing the halls going, 'Oh my God, no, this can't be,' with the back-and-forth texts. That was the hardest part, not actually seeing it and just getting text updates."

Jones' replacement made sure he'd get another chance to step on the field this season. Craig Leger took over as lead back and rushed for 182 yards on 21 carries and was MVP as the Huskies claimed a third straight Atlantic University Sport crown with a 31-22 win over the St. Francis Xavier X-Men.

"This whole week in practice, I feel like a kid again, running around the field." Devon Jones

"I can't say enough about Craig," Jones said. "I'm so proud of what he did. Everybody knew he could do it."

But Jones' return to the lineup gives the Huskies some heavy-duty smash to go along with Leger's nimble-footed dash for Saturday's Uteck Bowl against the Calgary Dinos.

Jones, the son of former CFL star Milson Jones, rushed for an AUS-best 490 yards and six touchdowns and packs a wallop with his 5-foot-11, 238-pound build.

"He gives us that power back," said Huskies head coach Steve Sumarah. "He gives us that little change up."

Jones said the time off, coupled with the magnitude of Saturday's game, has him running with renewed vigour.

"This whole week in practice, I feel like a kid again, running around the field," he said. "I'm excited to be out here, excited to do everything, more than I have been.

"That's weird for me, but it's going to be a good week."



RYAN TAPLIN/METRO HALIFAX

Saint Mary's linemen take a knee as they watch practice at Huskies Stadium yesterday. The Huskies will take on the University of Calgary Dinos in Saturday's Uteck Bowl.

Tristan Jones a game-day decision

• Devon Jones' brother and fellow running back, Tristan, will be a game-day decision for the Uteck Bowl with a shoulder injury that forced him out of last weekend's Loney Bowl. "If his shoulder is holding up, he'll play," said Huskies head coach Steve Sumarah. "He's been out there practising the past couple of days, but that's practice, not a game. We just want to make sure we're doing the right thing for him."

Sports in brief

AUS HOCKEY Philippe Bertrand scored the game-winner at 8:31 of the third period as the Acadia Axemen downed the visiting Dalhousie Tigers 4-3 last night. Rookie Ronald Kelly scored a pair for the seventh-place Tigers, 2-7-2.

COACHING Dylan Taylor has re-signed as head coach of the P.E.I. Panthers men's hockey team, as have assistant coaches Gordie Whitlock and Mike Smith. Fourth-place P.E.I. is 4-4-2. It was Taylor's fifth season behind the bench.

METRO HALIFAX

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Nill's Dinos land in Halifax ready for big bout

MATTHEW WUEST
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FOOTBALL Blake Nill and the Calgary Dinos steered clear of Huskies Stadium after touching down in Halifax yesterday.

The Dinos, who flew in to Halifax in the wee hours of the morning, ditched last night's 6:30 p.m. practice time on the Saint Mary's campus and moved — without notifying media — to Mainland Common in Clayton Park.

With the hype around the Uteck Bowl, Nill, the Dinos' head coach, wanted his team to have room to breathe.

"I told (Saint Mary's officials) I was looking at a Plan B and I was able to get this right away," said Nill, as his players boarded the team bus after the chilly two-hour session.

"It's good that we have one more day where we can work on a few things without having the media and school population around."



DAILY NEWS FILE PHOTO

Saturday's Uteck Bowl will mark Calgary head coach Blake Nill's first game back in Halifax since he resigned as head coach of the Huskies in 2006.

It's going to be tough for the Dinos to avoid the spotlight going forward. It's Nill's first game back in Halifax since he resigned as head coach of the Huskies in 2006 after leading the program to six conference titles and two Vanier Cups.

It will also mark a homecoming of sorts for Dinos quarterback Erik Glavic, who won a Hec Crighton award as the nation's most outstanding player at Saint Mary's in 2007.

Nill said his club is just trying to get comfortable here, particularly with the three-hour time-zone difference.

"It's tough on the kids," said Nill, whose Dinos boarded their plane in Calgary at 2 a.m. Atlantic time.

"They've been up a long time. They're just trying to get adjusted."

Nill and Glavic are scheduled to be at Saint Mary's at noon today for a press conference at The Tower.

Q sweeps first two games of Super Series

HOCKEY The QMJHL wrapped up a two-game sweep of Russia in the first leg of the Canadian Hockey League's Subway Super Series with an 8-3 win last night in Shawinigan, Que.

Cape Breton Screaming Eagles left-winger Luke Adam piled up two goals and two assists while the QMJHL exploded for five goals in the second period.

Jacob Lagace (goal, three assists) and Nicolas Deschamps (goal, two assists) of the Chicoutimi Sagueneens also starred in the win.

The QMJHL also beat Russia 3-1 on Monday night and is now 9-3-2 in the event's seven-year history. METRO HALIFAX

Runner stripped of gold medal from Beijing Olympics

Fifteen months after the Beijing Olympics, Bahraini middle-distance runner Rashid Ramzi was stripped of his 1,500-metre gold medal yesterday and four other athletes were disqualified because of doping at the Games. THE ASSOCIATED PRESS

Too many choices for Team Canada

VANCOUVER 2010 Games

At one point or another, Mike Babcock has heard pretty much every name tossed out there.

The Team Canada coach gets asked constantly about the possibility of an unlikely player working his way into Olympic consideration and has come up with a standard response.

"What I always say is when you bring up that name, tell me who you're taking off," Babcock said recently. "Because it's great to like somebody, but they've got to (take a spot). It's just like me liking a kid — whose job on the roster are they taking?"

In Babcock's eyes, the Olympic team's final 23-man roster is likely to be comprised entirely of players who attended the summer orientation camp in Calgary.

"When you go about (looking at) it that way, it makes it difficult for people that weren't there to make the club," he said.

"In the end, just like on all teams, your management gives you the team, but anybody who's managed in the game or been around the game knows that if the coach is uncomfortable with a player, he's not going to play him."
Team Canada coach Mike Babcock

There are a number of players off to a solid start that weren't among the 46 who came to Calgary. Heading into yesterday's games, that group included seven guys currently scoring at better than a point per game pace in the NHL: Dustin Penner (23 points in 21 games), Rich Peverley (23 in 17), Steven Stamkos (21 in 18), Rene Bourque (21 in 19), James Neal (20 in 17), Brad Richards (20 in 17) and J.P. Dumont (13 in 12).

A little more than six weeks remain until executive director Steve Yzerman unveils his 23-man Olympic squad on Dec. 31.

Yzerman will work in close consultation with his management team, but Babcock also expects his opinion to be heard on player selection.

"I think I'll have lots of input," he said. "In the end, just like on all teams, your management gives you the team, but anybody who's managed in the game or been around the game knows that if the coach is uncomfortable with a player, he's not going to play him."

THE CANADIAN PRESS

Soccer Canadian friendly



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Poland's Kamil Kosowski, right, and Canada's Atiba Hutchinson challenge for the ball during Poland's 1-0 win over Canada yesterday in Bydgoszcz, Poland. The game was the final match of the 2009 season for Canada. The men finished the year with a record of seven wins, three losses and a draw.



France advances to World Cup on blown call

SOCCER France qualified for its fourth consecutive World Cup when officials missed an obvious hand ball by Thierry Henry that led to William Gallas' overtime goal in a 1-1 tie against Ireland last night.

Greece, Slovenia, Portugal, Algeria, Uruguay also advanced to next year's tournament yesterday on the final day of qualifying, completing the field next year in South Africa.

With help from Swedish referee Martin Hansson, who failed to call the hand ball, France avoided a penalty kicks shootout at Saint-Denis, outside Paris, and won the home-and-home, total-goals playoff 2-1.

The game appeared headed to penalty kicks when Florent Malouda sent a free kick to Henry at the post to the right of goalkeeper Shay Given in the 103rd minute. Henry stopped the ball with his left hand, then used his hand again and poked the ball with his outstretched right foot in front of the net.

THE ASSOCIATED PRESS

Sports in brief

RUGBY A pair of second-half tries from Araba Chintoh and Cheryl Phillips gave Canada a 14-5 victory over France in a women's rugby match yesterday, snapping an 11-year winless streak against the French.

NFL Ronnie Brown's season is over for the Miami Dolphins. Miami's leading rusher was placed on injured reserve yesterday because of a foot injury — his second season-ending injury in three years.

NFL The 2-7 Oakland Raiders benched former No. 1 overall pick JaMarcus Russell yesterday, handing the starting job to journeyman Bruce Gradkowski for the foreseeable future.

NFL Cleveland Browns quarterback Brady Quinn has been fined by the NFL for his chop block on Baltimore's Terrell Suggs. Quinn received a letter from the league yesterday but would not disclose the size of his fine.

METRO NEWS SERVICES

METRO HOCKEY POOL STANDINGS*

Sponsored by Money Mart

NAME	LOCATION	GP	G	A	PTS
1. Christian Gagnon	NB, CA	244	114	151	265
2. Kyle Turk	NS, CA	243	124	139	263
3. Rick Kit	ON, CA	243	114	148	262
4. Danny Chan	ON, CA	241	111	150	261
5. Steve Ferguson	ON, CA	239	111	149	260
6. Joanne Doiron	NB, CA	240	112	147	259
6. Paula Almeida-Stille		243	111	148	259
6. Stephen Stille	ON, CA	243	111	148	259
9. Brian B	AB, CA	248	112	144	256
10. Stephanie Warren	NS, CA	235	109	143	252
11. Matty Strathearn	NS, CA	240	113	138	251
11. Patrick Reed	AB, CA	234	115	136	251
13. B Fillmore	BC, CA	237	90	160	250
13. Edward Smith	NS, CA	236	112	138	250
15. Derrick Yee		238	109	140	249

* Results exclude Quebec

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SCOREBOARD

NHL

EASTERN CONFERENCE

	GP	W	L	OL	PT
d-Washington	21	13	4	4	30
d-New Jersey	19	14	5	0	28
d-Buffalo	18	12	5	1	25
Pittsburgh	21	14	7	0	28
Philadelphia	17	11	5	1	23
N.Y. Rangers	21	11	9	1	23
N.Y. Islanders	21	8	6	7	23
Tampa Bay	18	8	4	6	22
—					
Atlanta	17	10	6	1	21
Ottawa	18	9	6	3	21
Boston	20	8	8	4	20
Montreal	21	10	11	0	20
Florida	19	8	9	2	18
Toronto	19	3	11	5	11
Carolina	20	3	12	5	11

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	23	14	5	4	32
d-Colorado	21	13	5	3	29
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
Calgary	19	12	5	2	26
Columbus	19	11	6	2	24
Dallas	20	9	5	6	24
Phoenix	21	12	9	0	24
—					
Detroit	19	10	6	3	23
Vancouver	21	11	10	0	22
Nashville	19	10	8	1	21
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	21	7	12	2	16
Anaheim	19	6	10	3	15

YESTERDAY

Dallas 3 Detroit 1
Florida 6 Buffalo 2
Phoenix 3 Minnesota 2
Colorado at Edmonton
Philadelphia at Los Angeles

TODAY

Toronto at Carolina
Boston at Atlanta
Pittsburgh at Ottawa
Phoenix at St. Louis
New Jersey at Nashville
Columbus at Dallas
Chicago at Calgary
Tampa Bay at Anaheim

d - division leaders ranked 1-2-3 regardless of points.

CFL

SUNDAY
EASTERN FINAL
B.C. at Montreal

WESTERN FINAL
Calgary at Saskatchewan

SUNDAY, NOV. 29
GREY CUP
AT CALGARY
East vs. West champions

NBA

EASTERN CONFERENCE
ATLANTIC DIVISION

	W	L	PCT	GB
Boston	9	3	.750	-
Philadelphia	5	6	.455	3.5
Toronto	5	6	.455	3.5
New York	2	9	.182	6.5
New Jersey	0	12	.000	9

SOUTHEAST DIVISION

	W	L	PCT	GB
Atlanta	10	2	.833	-
Orlando	9	3	.750	1
Miami	7	4	.636	2.5
Washington	3	7	.300	6
Charlotte	3	8	.273	6.5

CENTRAL DIVISION

	W	L	PCT	GB
Cleveland	8	4	.667	-
Milwaukee	6	3	.667	.5
Chicago	6	4	.600	1
Indiana	5	4	.556	1.5
Detroit	5	6	.455	2.5

WESTERN CONFERENCE
SOUTHWEST DIVISION

	W	L	PCT	GB
Dallas	8	3	.727	-
Houston	7	5	.583	1.5
San Antonio	4	4	.500	2.5
New Orleans	4	8	.333	4.5
Memphis	3	8	.273	5

NORTHWEST DIVISION

	W	L	PCT	GB
Denver	8	3	.727	-
Portland	8	4	.667	.5
Oklahoma City	6	6	.500	2.5
Utah	4	6	.400	3.5
Minnesota	1	11	.083	7.5

PACIFIC DIVISION

	W	L	PCT	GB
Phoenix	10	2	.833	-
L.A. Lakers	8	3	.727	1.5
Sacramento	5	5	.500	4
L.A. Clippers	4	9	.308	6.5
Golden State	3	8	.273	6.5

YESTERDAY

Atlanta 105 Miami 90
Boston 109 Golden State 95
Houston 97 Minnesota 84
Memphis 106 L.A. Clippers 91
Milwaukee 99 New Jersey 85
New York 110 Indiana 103
Orlando 108 Oklahoma City 94
Philadelphia 86 Charlotte 84
Washington 108 Cleveland 91
Toronto at Utah
San Antonio at Dallas
Detroit at Portland

TODAY

Phoenix at New Orleans
Utah at San Antonio
Chicago at L.A. Lakers

NFL

AFC
EAST

	W	L	T	PCT
New England	6	3	0	.667
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	9	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	5	4	0	.556
Cleveland	1	8	0	.111

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC
EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

TODAY

Miami at Carolina

SUNDAY

Cleveland at Detroit
Atlanta at N.Y. Giants
Washington at Dallas
San Francisco at Green Bay
Indianapolis at Baltimore
Pittsburgh at Kansas City
New Orleans at Tampa Bay
Buffalo at Jacksonville
Seattle at Minnesota
Arizona at St. Louis
N.Y. Jets at New England
San Diego at Denver
Cincinnati at Oakland
Philadelphia at Chicago

MONDAY

Tennessee at Houston

For the cat lover
Why not top your gift with this Brown Cat on Green Mitten? This kitten ornament is available for $6.99 at Hallmark, hallmark.ca. METRO NEWS SERVICES



HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gifts for the computer lover

From notebooks to photo printers, there are plenty of crowd-pleasing options

RAFAEL BRUSILOW
for Metro Canada

Let's face it, few gifts are ever as awesome as a new computer and there are so many to choose from.

Here are Metro's picks for computing goodness this holiday season:



The Dell Adamo XPS.

LG R580 Notebook
$1,299

Sleek and loaded with the right features, LG's R580 is a solid combination of performance, profile and price. Sporting Intel's Core 2 Duo processor, 4 gigabytes of system memory and a powerful Nvidia GeForce 130M GT graphics card with 1 gigabyte of dedicated video memory, this lightweight and lean laptop is surprisingly capable in the entertainment department as well as making sure your heavyweight business presentations come to life. An LED backlight provides better viewing and saves power and the 15.6-inch widescreen is the right size to maintain portability without sacrificing visual quality.



The LG R580 Notebook.



The Samsung N120 Notebook.



Toshiba's Qosmio X500.

Toshiba Qosmio X500
$2,199

With the flood of new games getting released this season, you're going to need some heavy computing power to make your headshots count and your friends jealous at LAN parties. Enter the Toshiba Qosmio, a monster of a system designed for hardcore gaming (and helping develop strong legs if you ever decide to carry it). With an 18.4-inch screen, new Intel Core i7 processor, a one-terabyte drive and Nvidia's GeForce GTS 250M graphics card with 1 gigabyte of lightning-fast DDR5 memory under the hood, this thing really cooks and its heft will probably stop a real-life bullet to boot. A built-in Blu-Ray drive and HDTV connectivity make it just as fun in downtime.

Dell Adamo XPS
$1,999

Dell's answer to the Macbook Air in both style and substance, the Adamo XPS is undoubtedly impressive. Less than a centimetre thick and encased in a sexy machined-aluminum chassis, this laptop aims for discerning users with big pockets. For comparison, this machine is about half the thickness of Apple's already paper-thin Macbook Air. With a 13.4-inch screen and weighing barely three pounds, you'll be hard-pressed to find a slimmer, tote-able computer. Cooler still, when opened the keyboard rises up for ergonomic typing and sports aluminum keycaps. Built-in wireless connectivity and Windows 7 as standard complete this very impressive offering.

Samsung N120 Notebook
$429

Simple yet stylish, Samsung's N120 is possibly the most natural-feeling mini-laptop out there. The large, raised keyboard is very easy to type on and the clean, single-tone design is classically attractive. With all the standard system elements you'd expect from a netbook packed into the small, thin case, the N120 sets a benchmark for good design and usability in the 10-inch laptop market.

Putting it on paper

Despite the digital world taking command of our lives, there's no substitute for the portability and satisfying touch of paper when you want to keep something in hard copy, so here are our picks for printers this season:



The Epson Artisan 810 All-in-one Printer includes modes for creating colour book pages and even for making personalized note paper using your own photos. The HP Photosmart A646 Compact Photo Printer, below, lets you edit and print high-quality photos.

Epson Artisan 810 All-in-one Printer
$299

A top-end printer with a plethora of creative modes, the Artisan offers some innovative and convenient options for printing. Unique features includes modes for creating colouring book pages and even for making personalized note paper using your own photos — now you can write memos on your favourite, hopefully tasteful, vacation photo. The printer also has a built-in Wi-Fi connection to let you print directly from any wireless source in your home including other computers or even your iPhone.



HP Photosmart A646 Compact Photo Printer
$179

Cute as a button yet still powerful and fun to use, HP's little wonder lets you edit and print high-quality photos in a small, portable package. Create custom borders, photo captions and text using the 3.45-inch touch-screen and print directly from Bluetooth devices like mobile phones for printing on the go.



photowerks
VISIT **PHOTOWERKS.CA** TO SEE YOUR MANY OPTIONS!

Your Pictures
Your Memories
Your Story...
Order your custom photomontage and receive 15% off our regular price plus 2 bonus grandparent sized prints FREE



Diamonds are a girl's best friend
This Quo Ladies Diamond Manicure Set, $25, makes a great stocking stuffer. The six-piece set is hidden inside a jeweled, silver-grey clutch. Available at Shoppers Drug Mart, shoppersdrugmart.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Responsible gift-giving

LINA TOYODA
for Metro Canada

The holiday season is approaching and in the spirit of giving, perhaps we will think about how our shopping and spending affect the lives of other people around the world.

This year, how about considering a gift with free-trade awareness and social responsibility, or charitable donations for friends and family?

There are many organizations that mobilize initiatives to better the situations of people locally and globally, and the holidays are a great time to pitch in on the effort.

Payless Gives Shoes 4 Kids

This holiday season, Payless ShoeSource is planning to distribute 4,000 pairs of shoes to children of Canadian families in need through their Payless Gives Shoes 4 Kids program.

The retailer is calling on local charities as partners in a grassroots effort to distribute the coupons for free shoes to local children across Canada.

"Especially in the economic crisis, those in need are hit the hardest," said Payless spokesperson Mardi Larson. "This year, the economic crisis is still rippling globally and the need is international."

Shoes are a necessity and having launched the program in the U.S. last year, Mardi said the focus this year was to go international with the shoe-giving program. "Many times, these are the first pair of new shoes for these children. And what's great is that they can go into a Payless store and pick out their own pair of shoes to reflect their own personal style. It's such a confidence booster."

Ten Thousand Villages

Ten Thousand Villages is a non-profit organization that creates a marketplace for artisans in developing countries to provide sustainable living for them.

Villages practise fair-trade principles that allow artisans to support their families to provide the essentials, like sending their children to school and having a safe place to live.

"We work with people who have very few options or opportunities. Sometimes we work with women or groups in very rural areas where there are absolutely no other employment opportunities for them. So it's basically providing a market for them," said Bev Hiebert, the director of sales for Ten Thousand Villages.

With 50 stores across Canada and more than 100 festival sales, Villages works with more than 2,000 volunteers.

"We work with about 130 different groups in 36 different countries so customers will see a variety of products, everything from Christmas decorations to textiles to even furniture," Hiebert said.

On Nov. 28, Villages will launch a project-based holiday program where you can buy a goat for a friend or even a farm on behalf of your company. Go to tenthousandvillages.ca for the online shop, local stores and complete details.

Free the Children

Free The Children is a children's charity and the world's largest network of children helping children through education. In fact, 65 per cent of its annual donations come from children's fundraising initiatives, says Craig Kielburger, founder of Free The Children.

"We provide youth with leadership training, global citizenship curriculum in schools and opportunities to assist their local and global community," Kielburger says. "Right now, our network of over one million young people extends across 45 countries.

"With the help of these enthusiastic young leaders, we have been able to build over 500 schools in Africa, Asia and South America, providing daily education to over 50,000 students."



Through Ten Thousand Villages, you can buy a goat in a developing country on behalf of a gift recipient.

Me to We

Working together with the Free The Children charity is Me to We, a new kind of social enterprise for people who are conscious of their daily choices and want to help change the world through socially responsible lifestyle choices.

Fifty per cent of Me to We's net profits goes to support Free The Children while the other half is reinvested back into the enterprise to ensure its sustainability. Me to We sells products like a "Be The Change" organic T-shirt for example, which positively speaks their message and makes for a gift that's made in Canada.

"Every volunteer trip, organic T-shirt, song, book, speech and choice adds up," Kielburger says. Free The Children has many holiday gift options at freethechildren.com. There are also many socially conscious gift ideas through Me to We at metowe.com.

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Tips for going green this holiday season

At holiday time, along with buying for close friends and family, it is often customary to buy small gifts for a multitude of others as well — teachers, hosts, babysitters — you name it.

And while small gifts are just as thoughtful, they can sometimes be more difficult to choose. You want the recipient to like it, use it, or eat it; all without causing too much waste or impact on the environment.

Don't fear. There are lots of gift ideas out there that are not only superb items to give, but are environmentally friendly choices as well. It just takes some creativity and some thinking outside the holiday box.

To help with your holiday gift list this year, here are some great — and green — gift suggestions:

• **Forget the traditional coffee mug for the teacher.** Instead, give a sturdy insulated travel mug that will keep their coffee or tea warm for hours while they're in the classroom. Canadian Thermos Products makes a great selection of vacuum-insulated mugs in a variety of designs and styles. And to make the gift really stand out, add some fair trade coffee or organic tea inside.



• **Baked goods, jams or preserves, and other homemade items are always appreciated.** Dress them up in charming jars or wrap them in new tea towels and you're adding an extra gift that can be reused time and time again; foregoing wasteful wrapping at the same time.

• **Combine pot-luck and hostess gifts into one.** Simply bring your food in one of the new insulated grocery bags that are available. This way your food stays hot or cold and you're giving a gift that will be used countless times.

• **Instead of a customary bottle of wine,** give a reusable container filled with delicious mulled wine or other hot beverage. This is a great way to warm up on cold winter nights.

NEWS CANADA



Jams or preserves can make a great eco-friendly holiday gift.

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Keep her safe
These personal safety alarms by Ila Dusk emit a high-decibel scream designed to shock and disorient an attacker. Available for $29 each exclusively at the Bay. METRO NEWS SERVICES



Holiday Shopping Guide

Silver belles



Finished with a leather tassel, this **Riviera Necklace, $44,** features an adjustable bead that slides up and down the multiple chains. Also available in gold from Foxy Originals (foxyoriginals.com).



This **silver clutch by Jessica** retails for $29.99 at Sears (sears.ca).



MICHAEL Michael Kors multi-colour wool/cashmere knit gloves, $88 each. For availability, call 1-866-733-KORS.



Swarovski HYBRID Long Necklace, $250. For more, go to swarovski.com.



Swarovski HYBRID Ring, $140. For more, go to swarovski.com.



American Eagle by Payless **Glimmer Glitter flat**, top, and American Eagle by Payless **Eve Ruffle flat**, both $37.99.Available in select Payless stores across Canada. Go to canada.payless.com or call 1-877-474-6379 for more.



This **Silk Rosette Scarf, $74,** is available at Banana Republic (bananarepublic.ca).



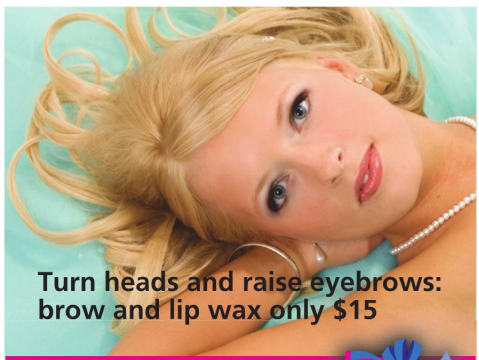
This **TIMEX Women's Crystal Collection watch, $120,** features genuine Swarovski crystals. For more information, visit timex.ca.



This Italian leather handbag, $149.99, is available at Winners. For store hours and locations, call 1-877-WINN-877 or visit winners.ca.



This **PURE Alfred Sung bracelet** was designed by Canadian fashion icon Alfred Sung exclusively for Zellers. Prices for PURE Alfred Sung accessories range from $7.97 to $19.97. For more, go to zellers.ca.









For the coffee lover

Give the java addict on your list this Tim Hortons Limited Edition 2009 China Mug, $7.95. Each mug comes with a 2 oz. pouch of coffee. Available at participating Tim Hortons locations across Canada. METRO NEWS SERVICES

Holiday Shopping Guide

A little luxury goes a long way

ANDREA WOO
for Metro Canada

Despite economic uncertainty, buying a luxury item for a loved one may still be the best investment this holiday season.

Jennifer Silk, a Vancouver-based stylist and personal shopper, says tough economic times may actually be more of a reason to purchase classic items that will last longer.

"You could blow money on 10 items and you won't use them in two months, whereas you blow the same amount of money on one item and ... people will be able to use that item 10 years down the road," she said.

Lisa Freeman, editor-in-chief of Consumer Reports' New York-based ShopSmart magazine, agrees.

"You can't just think about the one-time expense," she said. "Let's say (you want) a basic black dress, and you're deciding whether to go to Walmart or really spend some money at a nicer store. If you amortize the cost over all of those wearings, it's obviously going to be better if you invest in some good-quality thing that's not going to fall apart, and stand the test of time in terms of style.

"If you don't have as much money to spend ... it really does pay to buy better stuff, but less of it."

Freeman added, however, that luxury items do not necessarily have to be expensive. Warehouse retail chains such as Costco regularly sell designer items for less, as do web sites such as overstock.com and outnet.com.

"If you decide you don't want to buy online, it's still a great research tool to get an idea of what's out there and what the prices are," she said. "Use the prices you find online as negotiating tools. Go to the local jewelry stores ... and say, 'I saw something comparable online. Can you match that price?'"



A Coach bag may be an expensive gift, but it will last a long time — and the recipient will love it.

Silk says some of the most requested gifts among women are clothing and jewelry — items best bought keeping in mind classic styles and neutral colours. For men, she recommends suits, trench coats and briefcases.

Mina Almai, a 25-year-old Vancouverite, says a Coach handbag is the best gift she's ever received because it is "classy and timeless."

"It's definitely quality over quantity," she said. "Not to mention timeless pieces are always in style."

Neil Hamilton, a 28-year-old Torontonian, says his most prized gift was a high-end stereo system that got almost a decade's worth of use.

"When you get something a little more luxurious, you get the extended use and the memory of who purchased it stays with you longer," he said.

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Help men make most of shopping

It's a well-known fact: Most men hate holiday shopping. Here's a list of tips from RedFlagDeals.com that will help men everywhere stay sane during the craziest shopping time of the year.

Tune out: Bring your MP3 player with you. Your music may not be festive, but at least it won't drive you crazy.

Support the trend: If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.



Holiday shopping doesn't have to be stressful for men.

Shop online: You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Plan your attack: When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave home. When shopping online, shipping times vary, so expect orders to take at least a week to arrive.

NEWS CANADA

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This I Think You're Wonderful Gift Set, $38, by Cake is available at Sephora, the Bay, Chatters and at cakebeauty.com. METRO NEWS SERVICES



Holiday Shopping Guide

Go battery-powered

ANDREA WOO
for Metro Canada

If you're looking for the perfect presents for young children this holiday season, bypass the stuffed toys and clothing and seek out the battery-powered gizmos.

According to reports from toy industry leaders, many of the hottest toys this season move to some degree.

Reidin Goode, senior marketing manager for Girls at Mattel Canada Inc., says that while tech toys have been popular among "tweens" for a few years, this year they're reaching an even younger demographic.

"What we're seeing this year is that a lot of the tech toys are trending downward in age," she said. "Previously you might have seen tech toys for the nine- to 12-year-old target group, whereas now we're seeing a lot of tech innovation in some of the toys targeted at younger kids."

An example for boys is the **Tyco R/C Stunt Psycho**, a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces, including grass, sand and pavement. For girls, there's the **Little Mommy Baby Achoo doll**, which can speak, sneeze and blow its nose.

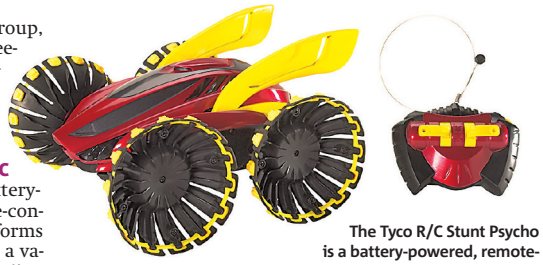
Disney FamilyFun magazine has released a list of the year's best toys, as determined by test families across the U.S., annually for the past 18 years. Topping this year's list is **Invasion of the Bristlebots** by Klutz, which enables kids to turn old toothbrush heads into motorized, cockroach-like robots that can race and navigate mazes.

Executive editor Mary Giles notes that there is also an increasing interest in "active," kid-powered toys, such as the **RipRider 360**, a reinvention of the classic three-wheeler, now updated with dual-inclined casters to allow for resistance-free drifting and spinning. Another is **Melissa & Doug Sandwich Stacking Games**, which requires kids to run and jump around while creating giant sandwiches with large, bread-shaped gloves and sandwich-filling layers.

"We continued to see an emphasis on active toys, as more and more parents are making sure their kids get plenty of physical activity," she said.

Both Goode and Giles agree that the economic downturn has not had a significant effect on the year's top toys, as they usually consist of a broad range of prices.

"Our cheapest Top 10 toy came in at just $3, the Hot Wheels Color Shifters," said Giles. "But then we also do have some that are still over $100, sort of the big-ticket, special toys that we're hearing people are still interested in getting for their kids."



The Tyco R/C Stunt Psycho is a battery-powered, remote-controlled car that performs flips and wheelies on a variety of surfaces.



The Little Mommy Baby Achoo doll by Mattel can speak, sneeze and blow her nose.

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The Yummie Tummie tank is a body-contouring shaper that slims your midsection. Unlike other body shapers, they are meant to be seen. Yummie Tummies were featured on Oprah's Top Picks.

"I wish that I would have known about this when I had my children because it kind of sucks it all in and keeps it nice." - Heidi Klum

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DIY presents 'unique'

LINA TOYODA
for Metro Canada

With the economic downturn cinching financial belts, this holiday season is a good time to adopt a DIY ethic and consider some gifting alternatives.

Not to fret if you're a novice crafter or even a beginner, because there are ideas for all skill levels. All you need is an afternoon and a little creative determination.

Here are some tips from an expert crafter, Austen Gilliland, senior craft editor of Canadian Living magazine:

Food gifts

"I think food gifts are a really good idea because you can put in an afternoon worth of effort but you can get a dozen gifts out of it. Something like a cookie mix or a jam or a jelly or something like spiced nuts."

Without spending too much money, you can get big volumes out of food gifts. Like a typical batch of jam, you'll get anywhere between six to 18 jars, she says. And also, "you know that they're going to use it or they'll be able to re-gift it," she jokes.

Presentation

There are simple ways to make a gift look great. And you don't really need a lot of special material to do a nice job with wrapping, Gilliland says.

"Even if you pick up brown paper bags — that you would use for a lunch bag — you can get 50 of those for under $3 at the grocery store. And then if you go to the fabric store, you can usually find a nice ribbon and you can get metres of that for $2 or $3."



With food gifts, you can put in an afternoon worth of effort but can get a dozen gifts out of it, says expert crafter Austen Gilliland.

Small details can add a nice touch without costing much. When Gilliland is making gifts, she says she will often choose one idea and make variations on that idea for a half dozen people. "Once you do the first one, you know what you're doing and you can get into a rhythm and get a mini-production line going. You really want to maximize your time and resources, and that's one way to do it."

Monograms

You can take a nice notebook — a moleskin notebook for example — and make a cover. Everyone's notebook cover is basically the same but it will have their initials on it, says Gilliland. And monograms are a great way to do that.

"On the Internet, you can find instructions on everything. You can learn how to screen print, monogram something — you can learn how to paint china. You can download fonts and get a cool font for the letters," she says.

So a great go-to idea is to monogram something, whether it's a pillowcase or a coffee mug.

Themed calendar

If you're a photographer, it doesn't take a long time to put a calendar together. Pick a fun theme, like "Year of weird stuff," says Gilliland. Many computer programs will have a basic template that you can use to personalize it however way you want. Run it down to your local print shop and they'll put it together for you, she says.

Plan ahead

It's a good idea before you get yourself into a frenzy of Christmas present-making, to sit down and make an extensive list. Write down everybody you want a present for and decide what you're making ahead of time. When it's time to shop for supplies, take a list with you.

Making your own gifts is a great way to save money but you really need to do the planning ahead of time, Gilliland says. "And that's where the variations on a theme comes in, because often — like the moleskin notebooks — you can get three in a pack."

One-of-a-kind

The best things about homemade gifts is that it is unique and personal. "I think it means more when you get something that somebody made with their two hands," Gilliland says.

For more DIY tips and gift ideas, go to Gilliland's Make and Do craft blog at canadianliving.com.



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RateSupermarket.ca Canada's rate comparison website

Metro Homes



Plaid props

Snuggle down on the sofa with a pile of plaid Soho pillows to prop you up. Home Outfitters, $19.99 each, homeoutfitters.com.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Terrific **tartan and plaid**

EMMA YARDLEY
for Metro Canada

As the leaves fall from the trees and the temperature drops, plaids and tartans start to appear in shop windows. Those horizontal and vertical bands of colour aren't limited to winter scarves and pajamas though. They've earned their stripes in home decor, as well.

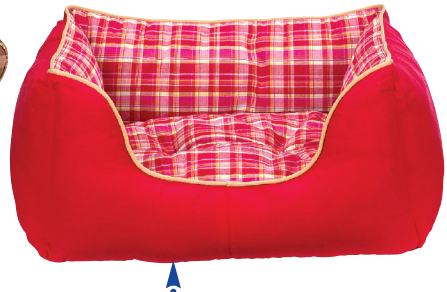
"Plaids evoke traditional decorating, (they're) much more adaptable to fall and winter colours," Karl Lohnes, home expert for Canada AM. "Plaids need dedication; they need to be the main focus in a room either wallpaper, large scale fabric on drapes or a large sofa. One big element of plaid is enough."

To give a room a more masculine feel, pair richly coloured plaids with leather, suede and other heavy fabrics. There are lots of options out there, from picture frames to dressers, but make sure to avoid pastel plaids.

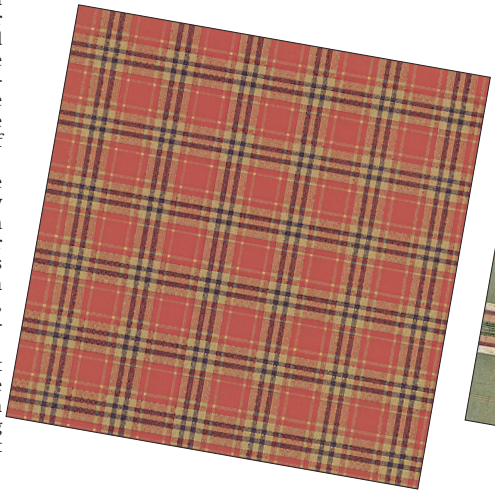
"Choose your plaid first — the bigger the room, the bigger the pattern — then decorate around it. Adding plaid as an afterthought never works!"

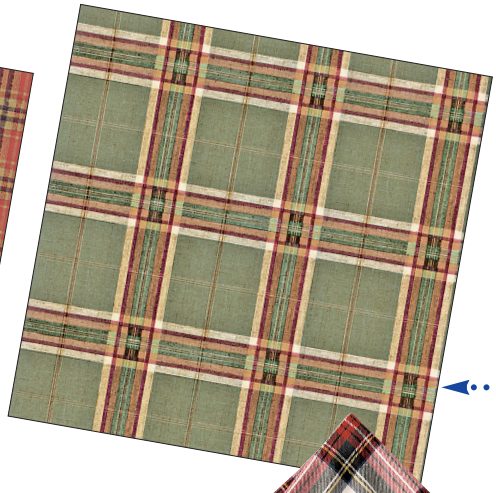


A tartan-upholstered couch can be the standalone piece in a living room. Home Furniture, $1,299, homefurniturecanada.com.



Present your pup with his own plush plaid pad. Bow Wow Rectangle Reversible Cuddler, $9.99, Canadian Tire, canadiantire.ca.





Peel them, paste them, and scrub them. Besides being easy to apply and even easier to maintain, these solid vinyl tartan wallpapers bring texture and dark rich colours into a room. The Home Depot, 56 square feet per roll, $39.98, homedepot.ca.



Bed sheets are a great way to experiment with plaid in a bedroom without having to commitment to something more permanent. Lodge 250 Thread Count Plaid Cotton Percale Sheet Sets, $39.97, Walmart, walmart.ca.



Set the table with tartans. Napkins, set of 4, $62.95 (tablecloths are also available), Williams-Sonoma, williams-sonoma.ca.



Consider water, sewage and runoff when considering a green roof

Green roofs produce several communal benefits. Fvery green roof soaks up water and reduces water flow from your roof to the city sewers, which were never built to handle huge flows of water from our cities and often end up polluting local bodies of water with sewage and storm water. SYLVIA PUTZ/FOR METRO CANADA

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Sylvia Putz

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Seen here is a detailed and exterior shot of a green roof.

We are currently in the process of getting a green roof on our backyard shed, and the question I've been asked most often is why?

Indeed, why would we do this? My father shudders at the notion of putting soil and plants up on a roof. It could leak and compromise the roof, he warns darkly. Some of my older neighbours shake their heads doubtfully at the idea.

Even some of my friends look blank and want to know what it is and how it could possibly work when I mention our green roof.

But interest and knowledge is growing. In many neighbourhoods, green-roofed areas have started to appear, mostly on sheds or on flat overhangs over porches or backyard decks.

We've been dealing with a company called Xeroflor (xeroflor.ca), which installs green roofs using specialized materials, and has offices in Toronto, Vancouver and Montreal. This company has been doing it here since about 2001. So far, it's been mostly on commercial buildings and condos, with only a sprinkling on private residences. But with increasing interest in the residential sector, and an upcoming new Toronto bylaw mandating green roofs (January 2010) on many commercial, industrial and institutional buildings, interest and knowledge will continue growing.

A green roof is what it sounds like — a roof that is green with plants rather than black with roofing tar. The best scenario is a roof that is engineered with a green roof in mind. Existing roofs can also be used as a green roof, with some conditions related to reduced weight load.

The roof must be finished before the green roof is applied in order to waterproof it. Some larger roofs may be built with access, but for most residential applications, a green roof is visual, meaning that the view can be enjoyed from a window, but does not allow access.

And it is usually on a flat roof — it's not recommended on a sloped roof.

Different plants can be used, and will grow on a growing medium selected by the green roof company, but plants are all selected to handle the hot, dry conditions on most roofs. If you've got a shady space, you may want to consider a moss mat. The one being installed on our shed is a low-growing sedum (4 to 6 inches high), and does not normally require watering.

The cost of installing the Xeroflor system is about $15 per square foot, depending on size and accessibility. Doing it yourself is not recommended for green roofs because of its specific requirements.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Green roof benefits

- For the homeowner, the direct benefits include cooler temperatures in the interior space under the flat roof and reduced air conditioning costs, a longer lifespan than most conventional roofs (about 30 years according to Xeroflor), attenuated urban noise and the psychological benefits of getting a delightful dose of green along with the birds, bees and butterflies that attracted to it, outside your window.

How to select your home inspector

LegalMatters



Elias Metlej

metronews.ca/legalmatters

A home inspector was recently ordered to pay nearly $200,000 in compensation to a Vancouver couple. This followed a B.C. Supreme Court ruling that the inspector had provided a faulty report to his customers.

The negligent inspector failed to conduct a proper inspection of the entire home and did not advise the purchasers to hire a structural engineer before they bought their house. Ultimately, the total cost of repairing the property was $212,000 as opposed to the $20,000 estimated by the inspector.

Considering that an inspector's opinion is relied upon, select a professional who provides a detailed written report as opposed to a checklist of items investigated.

Ideally, the report will consist of specific comments rather than a general overview that could apply to any property.

While thorough reports typically include a list of items that require regular maintenance, a detailed description of major defects and significant repairs is the most important element.

The case from B.C. demonstrated the importance of also having a qualified estimate of any replacement or repair costs.

Hiring an inspector who is a member of a nationally recognized association is strongly recommended. The Canadian Association of Home and Property Inspectors has established Standards of Practice, as well as a Code of Ethics for its members.

Registered Members will have performed no fewer than 250 fee-paid inspections in accordance with the Association's Standards of Practices and will have passed a series of examinations testing their knowledge of residential construction, inspection techniques, and report writing.

Selecting a property inspector is an important part of the home buying process. Ultimately, consumers should not be persuaded by price. Saving $100 on a cheap inspection should not be a priority when investing hundreds of thousands of dollars.

Elias Metlej is a real estate lawyer with the Halifax firm Blois Nickerson & Bryson. You can write to Elias at askelias@yahoo.com

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BROSE expands collection
Though cocktail dresses remain at the heart of the collection, fashion label BROSE has announced its 2010 line has now expanded into cocktail separates, including jackets, pants, skirts and tops. METRO NEWS SERVICES

Style



Designers vie for lucrative price

The Toronto Fashion Incubator is inviting emerging Canadian designers to create looks fit for a doll — all part of a shot at taking home a lucrative prize package. The non-profit organization is holding its annual TFI New Labels contest, which has helped launch the careers of Canadian top designers like David Dixon and NADA (headed by Nada Shepherd, pictured left). The fashion design competition is open to professional women's wear apparel designers who have been in business for three years or less. Submissions are due Nov. 24. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A sign of good breeding

A camel-coloured coat can help spice up a cool-weather wardrobe

A camel-coloured coat may sound bland, but it could be just the thing to spice up a cool-weather wardrobe.

While a camel coat makes a classic chic statement, the style is malleable enough to be either a trendy boyfriend jacket or traditional trench. Its place in fashion history, on the backs of Katharine Hepburn and Grace Kelly, and Ali McGraw and Kate Moss, give it a solid pedigree, and the colour — a range of shades between tobacco and fawn — has a richness to it that, quite frankly, makes you look rich.

"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds. ... A camel coat evokes throwaway glamour," says Michael Kors, who for many seasons has used camel as a core of his fall collections.

You can wear camel with any colour in your wardrobe, including black, which makes a camel coat a good investment piece, but one that you don't have to spend a fortune on, says Stephanie Solomon, fashion director of Bloomingdale's. She says she owns three styles — a zip-front, a peacoat and belted version — and she's had each for at least 20 years. They come out of the closet every time she wears the black pants, black shirt, black heels combo.

Kors suggests pairing camel with white or bold brights like red or orange; stylist Mary Alice Stephenson recommends it with one of the season's other trends, a neon colour like hot pink or electric blue.

Macy's vice-president of ready-to-wear fashion, Nicole Fischelis, says the contrast colour doesn't really matter because what most complements a camel coat are brown leather accessories — the belt, the boot, the bag. She likes a little animal print thrown into the mix, too.

> **"Camel looks indulgent like winter white but has the pragmatism of grey and black. It's the best of both worlds."**
> Michael Kors, fashion designer

Camel coats aren't always camel-hair coats, but that's the garment that really made its mark in the middle of the 20th century as a sign of sophisticated taste. Camel hair is from the soft undercoat of the camel, with a similar feeling — and similar cache — to cashmere and alpaca, explains Marlene Middlemiss, fashion design instructor at the Fashion Institute of Technology. Over time, some manufacturers started mixing camel hair with wool as a cost-cutting measure.

"Camel works in everything from dyed wool to cashmere or camel hair. It looks best in fabrics with texture and what fabric you choose depends on your wallet, climate and the shape of your garment," says Kors. THE ASSOCIATED PRESS



Crop, belted coat, Old Navy, $89.50.



Thinsulate lined herringbone coat in Palomino, Talbots, $299.



Leather coat for men, Banana Republic, $610.



A Michael Kors camel-coloured coat shown at New York Fashion Week (February 2009).



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INSPIRATION

HIT LIST
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BIG BLING Crystal-bead drop earrings, Aldo Accessories ($25, aldoshoes.com)



CODE RED Sleeveless silk top, Jacob ($48, jacob.ca)



GILT TRIP Metallic-leather platform slingbacks, Spring ($50, myspringshoes.com)



SLIM SHADY Polyester and rayon skirt, RW&CO. ($65, rw-co.com)



STUDIO ANDRÉ DOYON

ASYMMETRICAL DRAPING Polyester dress, Vero Moda ($65, 1-866-338-4392)



C'EST BOW Satin handbag, Soaked in Luxury ($50, 1-800-463-8127)

Editors' Pick

PARTY PLANNER



Top stylists on how to get great hair for soirée season.

•Invest in a versatile heat-styling tool, says Andy Bodine, artistic ambassador of ghd, who recommends buying a flat iron that can create both curls and sleek hair. •Schedule a trim. If you have a great cut, your hair will be easier to style, says John Steinberg, a Toronto-based hairstylist. •Have a post-work event? Book a blowout for the morning, then pull it into a loose bun, says Robert Vetica, an L.A.-based hairstylist. Then undo the bun, brush hair out, and spritz with hairspray.



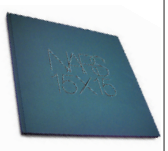


Mane Jacket in Worn Olive and Profile Lite Pants in Helio Purple ($400 and $250, Oakley)

SNOW QUEEN

American snowboarder babe Gretchen Bleiler has teamed up with Oakley once again to create a line of outerwear. Bleiler is branded as the Gwen Stefani of the snowboarding world for her sartorial style on and off the slopes, and her collection includes goggles and apparel made from recyclable fabric. Her mandate? Design something her fellow betties would wear—items that can weather the elements and look fierce on the half-pipe.

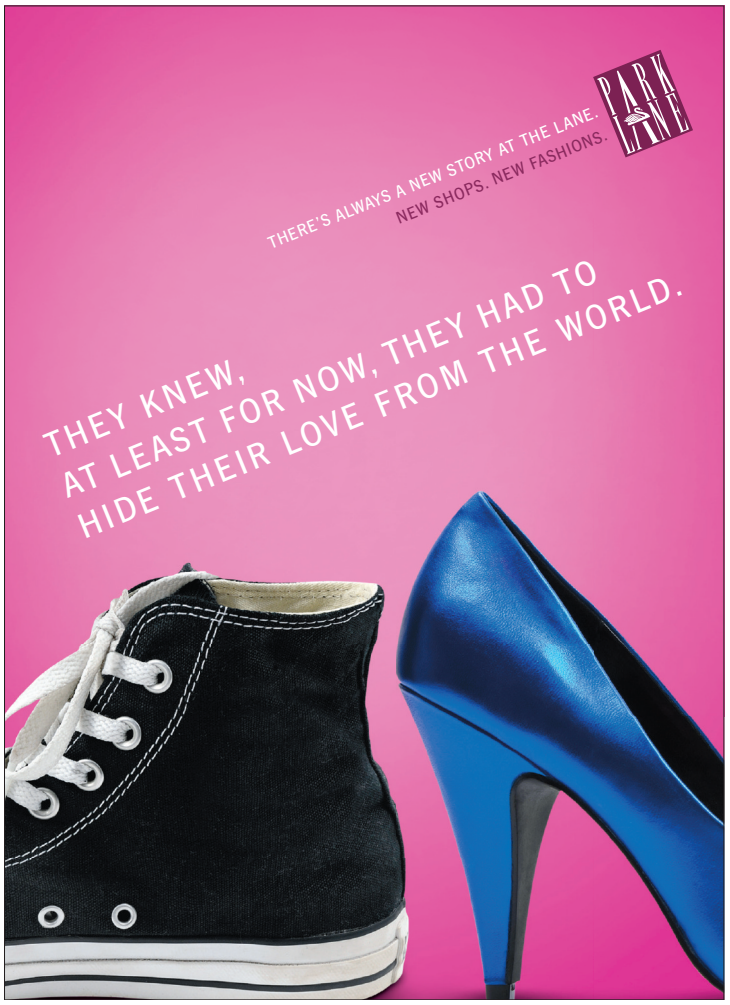
PHOTO CALL!



Proceeds from the sale of *15x15* go to the celebrities' charity of choice.

After a 10-year sabbatical from the biz, famed makeup magnate and photographer Francóis Nars is back in the spotlight. He kicked off his comeback year by creating an '80s-inspired look for Marc Jacobs' fall 2009 collection, as well as designing the beauty looks for Jacobs's spring 2010 shows. And to celebrate the 15th anniversary of his cosmetics brand, Nars photographed 15 icons for 15x15, a new coffee-table book. His subjects include Naomi Campbell, Isabella Rossellini and Olivier Theyskens.

To read these stories and more, visit: **ellecanada.com**





Curves to boot

Lots of choice for women with wide calves

JANINE FALCON
For Metro Canada

For women with curvy legs, this time of year usually means footwear frustration.

"I can never find tall boots to fit my calves," says Heather Watterworth, a public relations rep for cosmetics company Mary Kay. "They're always too tight."

Sure, Watterworth and others like her could go for below-the-calf heights, or uninspired shiny stretch vinyl, but in this season of knee-high chic, those options just don't measure up.

Happily, according to Town Shoes PR director Crissi Giamos, "This is a fabulous season for fitting different calf widths."

Shoe repair shops may also be able to help stretch boots

Knee-highs with generous stretch panels are certainly more and more common, and lace-ups — as long as they lace-up for real — offer adjustable comfort (Rockport, Timberland and Cole Haan all have handsome lace-up styles this season).

Giamos also recommends giving the popular slouchy boot a try, the type that allows the wearer to pull the boot leg up or push it down. They tend to have a roomier fit; some also have stretch, she says.

In terms of brands, Giamos points to David Dixon, Kate and Mel, and the Town Shoes private label.

In fact, an encouraging number of companies now make boots with curvy-calf appeal. Toronto boutique Trove offers Bos & Co., a Canadian label, which offers styles with a more generous leg fit. Ron White carries an impressive variety of suitables by Cole Haan, La Canadienne, Mephisto, Stuart Weitzman and Frye, as well as the Ron White signature line (RonWhite.ca ships across Canada and internationally).



Left: Timberland Charles Street Tall Lexiss Waterproof boot, $200.

Below: Ecco Hancock Boot, $275.

Ecco boutiques may also yield a find; the brand prides itself on its forgiving cut that fits a range of calf sizes. And for the online-savvy, US-based WideWidths.com offers wide, extra-wide and super-wide calf sizes from companies such as Blondo and Naturalizer.



Left: Frye Rory scrunch boot, Ron White, $448.

A good shoe-repair shop may also be able to supply a better fit, either by stretching the boot shaft or putting in an insert.



Right: Lacoste Tobie slouch boot, $275.





Jess rooting for Ashlee

Jessica Simpson is excited to see sister Ashlee playing Roxie Hart in Chicago on Broadway. "I can't wait to watch @ashsimpsonwentz on broadway in all of her glory!!!" Jessica Twittered. "I get chillbumps from toes to noggin thinking about it!!! YAY!!!!!" USMAGAZINE.COM

Entertainment



Depp sexiest

People magazine has selected their new Sexiest Man Alive, and the honour goes to Johnny Depp. Depp is only the third man to earn the title twice, after Brad Pitt and George Clooney. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Mayer too sweet for Battle

John Mayer

Album: Battle Studies
Label: Columbia/Sony
Rating: ●●½



JOHN MAYER IS ONE of the rare real talents to come out of the last ten years of American pop music. And he's got some of the best players in the business backing him up with Steve Jordan on drums, Who sideman Pino Palladino on bass, ex-Faces legend Ian McLagan on keyboards and session wizard Waddy Wachtel adding acoustic guitar. So why does Mayer insist on pushing these oh-so-safe, warm-and-cuddly songs at us? Yes, the duet with Taylor Swift is nice. But he didn't have to serve up an entire album of niceness. Even when he tries to prove his guitar rock credentials on Robert Johnson's Crossroads, Mayer wimps out with an oddly smooth version of the blues classic. Mayer needs to find a balance between his self-absorbed live recordings and this overly sweet studio stuff.

Graham Rockingham/for Metro Canada

Norah Jones

Album: The Fall
Label: EMI
Rating: ●●●



A "FALL" FROM GRACE? Certainly not as far as her fans are concerned. Norah Jones' fourth album continues on the rootsy down-tempo path of its predecessors, her sometimes sultry, sometimes charming voice a perfect companion to an evening by the fire place or a wine-fueled dinner. The "fall" in the album title is probably more a fall from innocence, with many of the self-penned tunes stinging with the melancholy of breakup. Jones does, however, show she's capable of being an outlaw rocker ala Steve Nicks on tracks like Young Blood and It's Gonna Be. Also worthy of note are two co-writes, one with Ryan Adams (Light as a Feather) and the other with Okkervil River's Will Sheff (Stuck).

Graham Rockingham/for Metro Canada

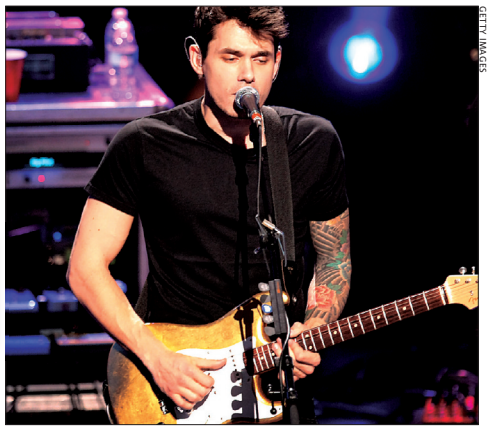
Leona Lewis

Album: Echo
Label: RCA/Sony
Rating: ●●½



AS FAR AS SINGING competition winners go, Leona Lewis' popularity is on par with Kelly Clarkson and Carrie Underwood. The X Factor champ's debut disc was a massive hit and her second record will sell a lot too. But while she has a stellar voice, her music is boring. She doesn't have Clarkson's rock edge, or Underwood's country charm — she's an R&B pop singer just like Maria Carey. Epic choruses and overwrought versus litter the record — a little more of her own personality would do this record good.

Bryan Borzykowski/for Metro Canada



John Mayer serves up some smooth rock in Battle Studies.

GETTY IMAGES

Them Crooked Vultures

Album: Them Crooked Vultures
Label: Universal
Rating: ●●●●



DAVID GROHL, JOSH HOMME and John Paul Jones must have been listening to a stack of old Cream records when they decided to put together their own supergroup. The comparisons between Cream and Them Crooked Vultures are too tantalizing to ignore. We've got three giants of their genres — Grohl, frontman of the Foo Fighters and and drummer of Nirvana, Homme, guitarist and singer for Queens of the Stone Age; and Jones, bassist and keyboard player for Led Zeppelin — coming together to form a power trio. Dreamy high-pitched vocals ala Jack Bruce, distorted guitar riffs ala Eric Clapton and crazed discordant drumming ala Ginger Baker. Tracks like Scumbag Blues, Bandolier and Elephant could easily have fit onto Disraeli Gears. Thank goodness, there's no 16-minute drum solos.

Graham Rockingham/for Metro Canada

Album**Reviews**

music@metronews.ca

Kris Allen

Album: Kris Allen
Label: Jive/Sony
Rating: ●●½



IF YOU THOUGHT Kris Allen's record would be the first American Idol winner debut to be good, you're out of luck. The boy-next-door churns out a lot of nauseating faux-rock on his first disc. Like most Idol albums it's completely devoid of the singer's personality — listen to The Truth and you'll see what I mean. There are some rockers but there's too much Rob Thomas-like sap to make this work.

Bryan Borzykowski/for Metro Canada

Paul McCartney

Album: Good Evening New York
Label: Hear/Universal
Rating: ●●●



DOES THE WORLD really need more renditions of Beatles songs? That's up for debate, but it helps that the guy playing the band's hits is Paul McCartney. This is yet another live album from Macca that's filled with Beatles tunes, Wings tracks and solo material — everything from Drive My Car to lesser known songs. His voice is still top notch and the recording quality is fantastic. Worth a listen.

Bryan Borzykowski/for Metro Canada



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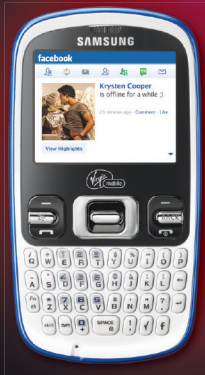
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Hudson to play Winnie Mandela in feature flick

Jennifer Hudson will play Winnie Mandela in Winnie, a movie about former South African president Nelson Mandela's powerful apartheid-busting but disgraced ex-wife that will begin filming May 30. PEOPLE.COM

A 'Noble' Fringe scientist

Dr. Walter Bishop follows in a long line of mad scientists. An unbalanced genius like Bishop going at it in his lab is a pop-culture staple. Or even, some would say, a cliche.

But in the able hands of John Noble, who stars on Fox's sci-fi thriller Fringe, Bishop comes to life. He is both comical and tragic, nutty as a fruitcake yet totally relatable. This is a living, breathing portrayal.

Bishop is a scientist of Einsteinian proportions who for decades was deemed insane and, until Fringe started last fall, institutionalized.

Then his long-estranged son, Peter (played by Joshua Jackson), reluctantly agreed to provide the supervision Dad required to re-enter society.

Rounding out the show's odd three-some is FBI Agent Olivia Dunham (Anna Torv).

Fringe is on Thursday nights

She needed Bishop and his filial caretaker to help her track down perpetrators of "fringe science" (way-out stuff like mind control, teleportation, astral projection and genetic engineering) who threaten national security and, possibly, the human race.

This calls for Bishop to display his scientific know-how — while wrestling with his demons — in a self-styled jumble of a lab complete with his pet cow, all lodged in a basement at Harvard University.

For Bishop's character to work, you have to buy into everything he says, no matter how unhinged; feel for the guy, no matter how inappropriate his behaviour; care about him, even when he acts ridiculous.

Noble makes it work.

"I understand Walter," Noble explains. "I can understand his childish enthusiasm quite well. I understand his loneliness, and his attempts to re-establish contact with his son.

"There's not any phase where I don't kind of understand where Walter is coming from."

The Australian-born, 61-year-old Noble is a theatre veteran who for a decade was artistic director of the Stage Company of South Australia, which, during his tenure, produced 70 new plays by fellow Aussies. His extensive film work includes two of the Lord of the Rings fantasies, playing Denethor.

Now, he calls his Fringe role "a huge gift. It enables me to use a range of skills developed over so many years, and grow a character over a long period of time."

Just how long may be to doubt. In this, its sophomore season, Fringe has struggled for viewers.

This makes Bishop's added service as comic relief all the more welcome.

Elbow-deep into an autopsy, he might direct his lab assistant to fire up a Bunsen burner and start preparing some custard.

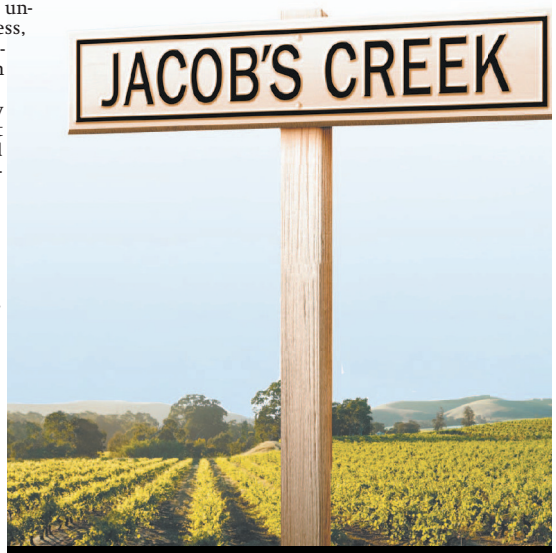
Then he giggles and, in his Brahmin-seasoned accent, says in wonderment, "It's funny: I love custard... but I hate flan!"

Meanwhile, it falls to Bishop to voice a lot of complex scientific exposition (plus loopy-sounding theories) to keep the story moving along.

A cinch, insists the actor. THE ASSOCIATED PRESS



Fringe star John Noble plays mad scientist Dr. Walter Bishop on the hit sci-fi series.



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Jones debuts new sound

TALIA SOGHOMONIAN
Metro World News

The 30-year-old singer from Brooklyn took the music world by storm back in 2002 with Come Away With Me. Her new album, The Fall, confirms her talent and desire to move on. Metro World News recently had the opportunity to catch up with the singer and ask her about her sound and the new album.

Q Your sound is distinctly yours, just a bit more experimental...

A It was just time. Sometimes you just feel like you have to do something different..

Q You worked with producer Jacquire King. What did he bring to the album?

A I had a lot of different ideas I wanted to try, but I didn't really know how to try them on my own. Once we talked, we just totally clicked and he really understood what I was talking about.

Q You mentioned having done a lot of demos. Did you get some old ideas and rework them?

A Yeah, I like doing that. Even if I have an old idea, even if I know it's maybe not my best song, I want to write and give it a life as best I can. I always like to pull out old stuff and try to revive it, give it CPR!

Q Is there anyone you'd like to work with?

A I love Tom Waits. I've gotten to sing with a lot of my idols and it's been really great, but sometimes you don't want to work with people you admire.

Q Are you afraid of being disappointed?

A I don't feel like I would really add much. Maybe I could play some piano, but I like his piano playing… I would love to work with somebody like Beck. I feel like he's somebody who is interesting and always trying new things.



Norah Jones

Entertainment in brief

SWIFT RETURNS Fresh off her triumph at the Country Music Association Awards, Taylor Swift has netted a deal to create a line of greeting cards. American Greetings Corp. CEO Zev Weiss says Swift's abilities as a storyteller and songwriter make her a natural for writing cards that will appeal to all ages. The company said that cards, gift wrap, stationery, online greetings and other related products overseen by Swift will begin appearing in the spring. THE ASSOCIATED PRESS

Charges dropped in Hilton, Black Eyed Peas dispute

Black Eyed Peas manager Liborio Molina has written a half-hearted apology to gossip blogger Perez Hilton.

The apology is part of an agreement that led to an assault charge against Molina being dropped yesterday in court.

The charge came after Molina allegedly punched Hilton — whose real name is Mario Lavandeira — outside a Toronto nightclub after the MuchMusic Video Awards in June.

Molina's lawyer, Mark Sandler, read the written apology outside of the courthouse.

"It said: 'I apologize for what I did on June 22 of 2009, even though you engaged in highly offensive comments, including a homophobic slur to my clients, I acknowledge that these kinds of issues should not be resolved through a physical response,'" Sandler read.

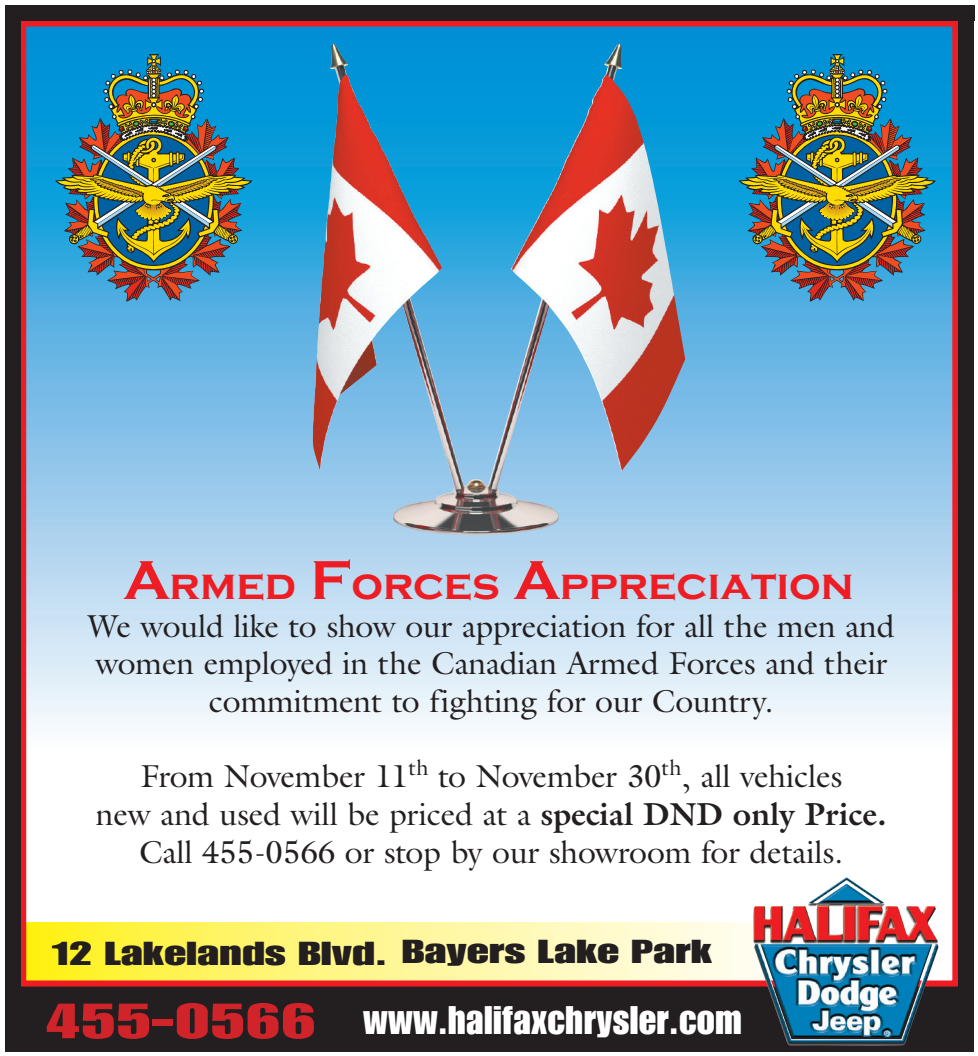
Hilton's lawyers said they were unhappy with the choice of words in the apology, but it was ultimately accepted.

"Although accepting the fact that he shouldn't resort to violence, he attempted to say that there was a precipitating cause," Hilton's lawyer, Brian Greenspan, said afterwards. "A sincere apology is a sincere apology."

As part of the peace bond agreement, Molina has also agreed not to contact Hilton except through his lawyer, can't carry any weapons for 12 months, can't come within 100 metres of Cobra NightClub, where the event allegedly occurred, and has donated $500 to Toronto's Red Door Family Shelter.

Molina allegedly punched Hilton following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party following the MMVAs.

THE CANADIAN PRESS





HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/19/09 primetime	31	31	31 ABC	News Center 5	ABC Wld News	Inside Edition	Chronicle	FlashForward "Believe"		Grey's Anatomy (N)		Practice
	7	7	7 ASN	The Road to Avonlea		Hollywood	TMZ (N)	FlashForward "Believe"		Fringe "August" (N)		Practice
	11	11	11 CBC	Wheel-Fortune	Jeopardy! (N)	Up Against the Wall (N)		The Border "Bride Price"		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		3600 secondes d'extase (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	La Fièvre de la danse (SC)		Dieu Merci (HDTV) (N) (SC)		Le Gentleman (N) (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	90210 (HDTV) (N)		Survivor: Samoa (N)		The Office (N)	The Office	News Final (N)
	9	9	9 CJCH	The Vampire Diaries (N)		The Mentalist (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Fringe "August" (N)		Fox First
	12	12	12 NBC	News (N)	NBC News	Hollywood	Extra (N)	Community (N)	Parks-Recreat	The Office (N)	30 Rock	Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		Nature-Things
	4	4	4 PBS-B	NewsHour With Jim Lehrer		Greater Boston	Basic Black	Documenting the Face		Art in the Twenty-First Century		Art-Century
	35	35	35 PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	This Old Hse.	Hometime	Ask This Old	Michigan	Sherlock H.
	68	68	68 TQS	Guerre clans	Le Mur (SC)	Taxi payant (N)	Rire et délire	Fringe (N) (SC)		Catherine (SC)	Bob Gratton	Le Mur (SC)
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		GetConnected	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	European PGA Tour Golf Dubai Desert Classic -- First Round. (HDTV) From Dubai, United Arab Emirates.							
	52	52	52 RSE	Connected W-Prime Time		Over the Bolts	Sportsnet Con.	NFL Football Miami Dolphins at Carolina Panthers. (HDTV) (Live)				
	55	55	55 SCOR	HSR	Covers Experts	Score on NFL	College Football	Colorado at Oklahoma State. (Live)				
	45	45	45 SPD	Pass Time	NASCAR Racing: Camping World Truck Series			Pinks -- All Out (HDTV)		Jacked!	Jacked!	Wrecked
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey Toronto Maple Leafs at Carolina Hurricanes. (HDTV) (Live)					NHL Hockey	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	Total Drama	6TEEN (N)	Futurama	King of the Hill	*Galaxy Quest*
	26	26	26 TREE	Wonder Pets	3rd and Bird	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz "d"
cable variety	16	16	16 A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48
	70	70	70 APTN	Canadian Geographic		Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*The Gods Must Be Crazy II* (1990, Comedy)		
	50	50	50 BET	106 & Park: BET's Top 10 Live (Live)			Food: 50 Cent	Monica: Still	Monica: Still	*Menace II Society* ★★★ (1993, Drama)		
	37	37	37 BRVO	Wind at My Back		Storytellers	PhotoXplorers	Bathroom Divas-Opera Star		*Whole New Thing* (2005, Comedy-Drama)		
	25	25	25 CMT	Wilsons	Wilsons	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	153	153	153 COURT	Truth, Duty, Valour		The Investigators		Cops Uncut	Dumb Criminal	Psychic Detect	Haunting Evid.	Investigators
	38	38	38 DISC	How It's Made	How It's Made	Daily Planet (N)		Life "Mammals" (N)		Life "Fish" (N)		MythBusters
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Holmes Inspection		Renovation	Disaster DIY	House Hunters
	46	46	46 HIST	Underworld Histories		Ice Road Truckers		Ancient Discoveries		Underworld Histories		After People
	17	17	17 MM	America's Best Dance Crew		One Tree Hill		So You Think You Can Dance Canada				Love Court
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Johnny Cash: Man in Black		Entourage
	201	201	201 M1	*Dark Knight*	(7:45) *Mulligans* (2008, Drama) Dan Payne, Thea Gill.				Nurse Jackie	*Morning Light* ★★ (2008, Documentary)		
	48	23	23 OLN	Mantracker		Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Just Friends*
	206	206	206 PIX	*Palmer's Bone*	*Rio Bravo* ★★★ (1959, Western) John Wayne, Dean Martin.					*Carlito's Way* ★★★ (1993, Crime Drama)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	The Outer Limits		Da Vinci's City Hall		Foundatn	Paradise Falls	Saving Grace
	40	40	40 SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		X-Weighted "Leanne"		X-Weighted		X-Weighted
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Eureka
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		The Ultimate Fighter (HDTV)		TNA Wrestling (HDTV) (N)		
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	American Chopper		Street Customs (N)		American Chopper (N)		Family Armor
	56	34	34 TROP	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy
	20	20	20 TV5	Que.-champion	Journal de Fr2	Horizons (SC)		Club social		Envoyé spécial		
	28	28	28 V	Jozi-H "Ex's" (DVS)		Murder, She Wrote		On the Buses	'Allo, 'Allo!	*Left Behind* ★ (2000, Suspense)		
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case		Missing "Puzzle Box"		The Closer "Blue Blood"		Cold Case
	22	22	22 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Confidential	Confidential	Divine Design
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	The Vampire Diaries (N)		Supernatural (HDTV) (N)		WGN News

critics' corner

Rio Bravo
One of the screen's truly classic Westerns, director Howard Hawks' 1959 saga draws together an unlikely band of heroes. John Wayne leads them as a sheriff determined to keep a killer in jail, though others are just as determined to spring the criminal. Dean Martin, Ricky Nelson, Walter Brennan and Angie Dickinson play those who try to help the sheriff maintain the law. 7 AM on PIX



Bones
Always a bit of a lone wolf, Booth (David Boreanaz) is forced to make some adjustments when his grandfather (guest star Ralph Waite, "The Waltons") comes to live with him and tags along as he and Brennan (Emily Deschanel) investigate human remains that were found by a real estate agent showing a property to prospective buyers. 9 PM on FOX

Fringe
A peculiar abduction in Boston leads the Fringe team to uncover details of the mysterious man known as The Observer (guest star Michael Cerveris). Walter, Peter and Astrid (John Noble, Joshua Jackson, Jasika Nicole) analyze unusual evidence and deal with Walter's insatiable appetite for milkshakes in the new episode "August." 10 PM on ASN, FOX

Taste of N.S.awards

Fox Hill Cheese House in Port Williams recently received Taste of Nova Scotia's Quality Driven Member of the Year award while Michael Howell, Tempest Restaurant, Wolfville, received Member of the Year. METRO HALIFAX

Urban Foodie

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Irish eyes are smiling

VALERIE MANSOUR
halifaxfoodie@gmail.com

Durty Nelly's Authentic Irish Pub
5221 Sackville Street (at Argyle)
Halifax
406-7640

Signature Dish: Baby Back Ribs
Signature Drink: Guinness
Rating: ●●●●
Dinner & drinks for 2: $50

Durty Nelly's deservedly just won the Nova Scotia Restaurant Association's award for best design and décor. Designed and built in Ireland, and reconstructed here, this large and welcoming pub is divided into cozy dining areas with one very long bar. There's lots of wood and impressive detail.

The menu features Irish specialties and regular pub food. We choose Breaded Chicken Wings ($10.99) — Thai Chili variety — with blue cheese parmesan dip. The wings are meaty and nicely cooked but are sweet with none of the expected zip. Our server tells us people complained. (Note to diners: Thai + Chili = heat.)

The Pan-fried Haddock ($14.49) is fresh, delicious and satisfying. The carrots, broccoli and cauliflower are all cooked al dente and there's a scoop of traditional colcannon (mashed potato and cabbage) and dill-caper butter sauce.

The Rack of Jameson Lacquered Baby Back Ribs ($15.99) are fall-off-the-bone tender, served with coleslaw and the pub's own yummy "fat chips."

Our server is cheery and efficient. The place fills as we sip our brew. We're not in Ireland, but we could be.



VALUERIE MANSOUR/FOR METRO HALIFAX

Rack of Jameson Lacquered Baby Back Ribs ($15.99)



VALUERIE MANSOUR/FOR METRO HALIFAX

Pan-fried Haddock ($14.49)

On the web

- Get recipes and more great food content at metronews.ca/recipes

Global Peasant blog



- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for her newest Green Split Pea Soup recipe

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Dining out

OPA THE BEST
Opa Greek Taverna, 1565 Argyle St., was awarded the Restaurant Association of Nova Scotia award for Best Restaurant November 12, while Fid of Halifax and Lunenburg's Fleur de Sel shared honours as Best Small Restaurant.

AWARD WINNERS
Onyx, 5680 Spring Garden Rd., has won the Restaurant Association's award for Best Wine/Beverage Menu while Waterfront Warehouse (RCR Hospitality Group) was awarded the Green Restaurant Make-over prize, valued at $25,000.

In brief

GLENORA INN & DISTILLERY in Glenville Cape Breton has won the Exporter of the Year award for 2009. North America's only single-malt whiskey distillery has been commended by the Taste Nova Scotia group for their impressive international sales. Visit glenoradistillery.com/ or call 1-800-839-0491.

CHEF MICHAEL HOWELL will be signing copies of his new cookbook Atlantic Seafood November 21, noon-2 pm at Indigo, Sunnyside Mall, Bedford and 3-5 pm at Chapters, Mic Mac Mall, Dartmouth. For more information on t he signing please, visit: nimbus.ns.ca/

METRO HALIFAX

November Lunch Specials
Curried Pumpkin Soup
Roasted pumpkin soup with a hint of curry and bacon
$7
Seafood Wellington
Sautéed seafood served in puff pastry on a bed of basmati rice with basil cream.
$13
...and more



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Underwood to remain a hometown gal for now

Things are going well for Carrie Underwood and hockey boyfriend Mike Fisher — but not well enough for the two to shack up, people.com reports. "No, call me old-fashioned. He's there. I'm here," the country star said. METRO NEWS SERVICES



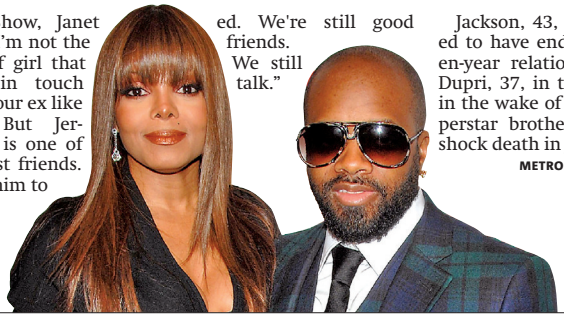
Celebrity Buzz

Janet confirms rumoured split

THAT'S THE WAY LOVE GOES Janet Jackson has confirmed she has split from boyfriend Jermaine Dupri, femalefirst.co.uk reports.

The singer — who was first rumoured to have separated from the music executive in July — admitted she didn't keep in touch with any of her ex-lovers apart from Dupri during a U.S. radio interview.

Speaking on Atlanta's Bert Show, Janet said: "I'm not the type of girl that stays in touch with your ex like that. But Jermaine is one of my best friends. I love him to death. We're still connected. We're still good friends. We still talk."



Jackson, 43, was reported to have ended her seven-year relationship with Dupri, 37, in the summer in the wake of her pop superstar brother Michael's shock death in June.

METRO NEWS SERVICES

I'm no Twilight fan, says Cyrus

UNLESS SHE GETS OFFERED A ROLE, PERHAPS? There's at least one teenager not going nuts over New Moon, and it's Miley Cyrus. The Hannah Montana star says she has no interest in the Twilight series.

METRO NEWS SERVICES



Celebrity tweets

Diablo Cody is tough to live next to sometimes, Harry Potter star Tom Felton is easily disappointed, and Dita Von Teese gets her jollies any way she can.

• @diablocody If you're my neighbor, I'm sorry if a giant dead rat just flew into your yard at about 80 mph. Don't ask. I'm sorry we panicked.

• @TomFelton i hate when u make a cup of tea and then u forget to drink it whilst its hot & then u have a gross cold tea left that isn't drinkable!

• @DitaVonTeese Blocking people on Twitter ALMOST satisfies my desire to have appeared as a guest judge on The Gong Show.

METRO WORLD NEWS



O'Neal 'not upset' by Fawcett's will

TOUGH LOVE STORY It doesn't bother Ryan O'Neal that Farrah Fawcett failed to name him one of the beneficiaries of her will. "Farrah's and my relationship was based on a deep love and respect for one another and for our son Redmond," the actor said.

METRO NEWS SERVICES



Locklear a diva on set?

ART IMITATING LIFE Since joining the cast of the new Melrose Place, original series star Heather Locklear hasn't been making life easy for her co-workers, according to the National Enquirer. "Heather's creating a lot of drama with her diva antics. It's making our lives miserable," a source says, adding that as a late addition to the show, Locklear feels pressure to improve the show's floundering ratings. "She's insecure and on edge. The responsibility is weighing heavily on her."

METRO NEWS SERVICES



J.Lo ex claims safety fears

DON'T MESS WITH LA LOPEZ Ojani Noa claims he's been living in fear ever since he attempted to sell a book and intimate home videos of him and ex-wife Jennifer Lopez.

"She's having him followed," his manager tells Life & Style Weekly. We just ran the license plate of the car, and it goes directly back to Jennifer Lopez. Ojani's scared."

Noa's lawyer adds, "We have some concerns right now about the personal safety of Ojani. We believe he's under surveillance by someone. He's had death threats."

METRO NEWS SERVICES



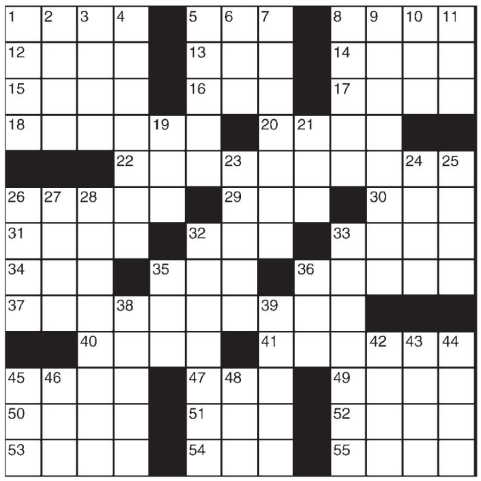




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Take Five

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Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	7	2	8					
3				5				8
				7				6
4		7			1		3	
5	3						8	1
	9		4			5		2
2				6				
1				9				4
					4	3	6	

ACROSS

1 Church service
5 Life story, for short
8 Money
12 Norway's capital
13 Bobby of hockey
14 Out of the storm
15 Authentic
16 "My Gal —"
17 Charged bits
18 Tribe known for their rugs
20 Swiss river
22 Visiting casually
26 Happy companion?
29 Praise in verse
30 Historic time
31 "Sad to say, ..."
32 Pair
33 Advanced math
34 Zero
35 "Eureka!"
36 Alan Ladd classic
37 Failing
40 Werewolf's inspiration
41 Extremely tiny
45 God, in Guadalajara
47 Unsettling noise
49 Sneaky trick
50 Top-notch
51 List-ending abbr.
52 Summertime desserts
53 Purchases
54 Shad product
55 Immediately following

DOWN

1 Sunup time
2 Cruising
3 Czech, Serb or Pole
4 Comforts
5 — buddy
6 George's brother
7 Florida tourist mecca
8 Egypt's capital
9 Skin cream ingredient
10 Congress addr.
11 "— a real nowhere man, ..."
19 Behar of The View
21 Time of your life?
23 Davenport dweller
24 Sportscaster Andrews
25 Anger
26 "Phooey!"
27 A little of everything
28 Certain breakup payment
32 Roaring sound
33 Add
35 Past
36 Prepared
38 Face parts
39 Take to the floor
42 Cinderella's horses, really
43 Holm oak
44 "— Si Bon"
45 Slight amount
46 Debtor's letters
48 "Who am — judge?"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	9	4	7	3	1	5	6	8
5	7	3	2	8	6	1	9	4
8	6	1	9	4	5	2	3	7
9	3	5	8	6	2	4	7	1
6	2	8	1	7	4	3	5	9
4	1	7	3	5	9	8	2	6
1	8	2	6	9	3	7	4	5
7	4	6	5	2	8	9	1	3
3	5	9	4	1	7	6	8	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



ALICIA McAULEY

Chicken Parmesan

Submitted by Samantha Denham, Toronto

INGREDIENTS:

4 chicken breasts
3/4 cup flour
3/4 cup breadcrumbs, with handful of grated Parmesan cheese mixed in
2 eggs beaten, add 1 tbsp water
1 cup grated cheese (mix of half mozzarella, half Parmesan)
2 tbsp olive oil
1 cup marinara sauce
1/2 package spaghettini

METHOD:

1. Pound chicken breasts flat with a mallet. Coat with flour, then dip in egg mixture, then coat with breadcrumbs, pressing the breadcrumbs into the chicken.
2. Boil water and cook pasta.
3. In an ovenproof pan, heat olive oil. Over high heat, cook chicken on each side for 2 minutes until golden. When all four are done, keep chicken in pan and cover generously with cheese mixture. Then pour the marinara sauce over chicken.
4. Bake for 15 min at 350 F, until cheese is bubbly.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
If your instincts tell you one thing today but everyone else tells you something different, then you must trust your instincts.

TAURUS
APRIL 21-MAY 21
Cosmic activity in your chart means you'll sense when something is about to happen well before anyone else. That gives you an advantage. Use it.

GEMINI
MAY 22-JUNE 21
Your task today is to become an equal partner with the planets in shaping your destiny. Go with the flow but make the flow work for you.

CANCER
JUNE 22-JULY 22
You may daydream about having no family or financial worries, but why imagine it when, with a bit of effort, you could make it happen for real?

LEO
JULY 23-AUG 23
You know what needs to be done and you know if you don't make a start soon the chance to change your life for the better could pass you by.

VIRGO
AUG 24-SEPT 22
The influence of Mars in one of the more outgoing areas of the sky is helpful for taking risks, but only if they are of the calculated variety.

LIBRA
SEPT 23-OCT 23
You may have serious things to do today but you can still have fun while you are doing them. In the next 24 hours, find ways to get the best of both worlds.

SCORPIO
OCT 24-NOV 22
You may not be the type to wear your heart on your sleeve but you need to be more open emotionally and today's Venus-Mars link will help.

SAGITTARIUS
NOV 23-DEC 21
The cosmic trend dominating your life at the moment is so positive that you have nothing to worry about, but for some reason you still fear the worst.

CAPRICORN
DEC 22-JAN 20
Cosmic activity may make you feel that if you don't do something now the chance will pass you by. It won't — it will be there tomorrow just like today.

AQUARIUS
JAN 21-FEB 18
You'll find it easier to be assertive today, but don't be assertive just for the sake of it. Work with people who share your aims and ambitions.

PISCES
FEB 19-MARCH 20
Someone you work with or do business with will make the proverbial offer you cannot refuse today. Don't hesitate — say "Yes" immediately.

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This day in history

1493: Christopher Columbus goes ashore on an island he first saw the day before. He names it San Juan Bautista (later renamed Puerto Rico).
1969: Apollo program: Apollo 12 astronauts Pete Conrad and Alan Bean land at Oceanus Procellarum(the Ocean of Storms) and become the third and fourth humans to walk on the Moon.
1969: Soccer player Pelé scores his 1,000th goal.
1990: Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know It's True album. Session musicians had provided all the vocals.

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For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five

Lamb Lollipops

INGREDIENTS:
1 rack of lamb (8 chops)
Lamb caul fat or prosciutto
250 ml (1 cup) baby arugula
75 ml (5 tbsp) extra-virgin olive oil
4 cloves garlic
90 g (3 oz) toasted pine nuts
Juice and zest of 1/2 lemon
Salt and pepper, to taste

METHOD:
1) In a food processor, place arugula, olive oil, garlic, pine nuts, lemon juice and zest and process until smooth.
2) Cut rack of lamb into chops and wrap bones in foil to prevent browning.
3) Place 5 ml (1 tsp) of the pesto on piece of spread-out caul fat or prosciutto.
4) Season each chop with salt and pepper, place on pesto and wrap caul fat or prosciutto around chop.
5) Place on a baking sheet and roast at 230 C (450 F) for 3 to 5 minutes or until fat is tight around chop.

MAKES 8 CHOPS AND 250 ML (1 CUP) PESTO

Metro Recipes of the Day


RYAN PFEIFFER/THE CANADIAN PRESS


RYAN PFEIFFER/THE CANADIAN PRESS

Lamb lollipop, left, with arugula and pine nut pesto and Phyllo, right, wrapped brie with carmelized shallots.

Phyllo-Wrapped Baked Brie

INGREDIENTS:
1 shallot, finely minced
125 ml (1/2 cup) red pepper jelly, divided
3 sheets phyllo dough
125 ml (1/2 cup) melted unsalted (clarified) butter
125 ml (1/2 cup) sliced almonds sliced
1 small wheel of brie or Camembert

METHOD:
1) Preheat oven to 190 C (375 F).
2) In a saute pan, sweat shallot until it starts to caramelize, keeping temperature low.
3) Lay out one sheet of phyllo on a work surface; brush evenly with butter. Lay a second sheet on top and repeat until you have three layers.
4) Place cooled shallot mixture in the middle of the phyllo sheets. Place brie on top of shallot mixture. Wrap sides and bottom and flip over.
5) Bake for 15 to 20 minutes until golden brown. Let cool for 15 minutes before slicing. Garnish with remaining jelly.

MAKES 8 SERVINGS

Cranberry Duck Scones

SCONE INGREDIENTS:
375 ml (1 1/2 cups) all-purpose flour (approx)
30 ml (2 tbsp) sugar
6 ml (1 1/4 tsp) baking powder
1 ml (1/4 tsp) baking soda
2 ml (1/2 tsp) salt
125 ml (1/2 cup) cold unsalted butter
125 ml (1/2 cup) dried cranberries, chopped
125 ml (1/2 cup) buttermilk (approx)

METHOD:
1) In a large bowl, sift together flour, salt, sugar, baking soda and baking powder.
2) Cut in butter. Add buttermilk and mix until just combined.
3) Turn out dough onto a floured work surface and knead dough until it comes together, then roll out to about 5 mm (1/4 inch) thick.
4) Cut out small rounds of dough about 2.5 cm (1 inch) in diameter and place on a cookie sheet.
5) bake at 190 C (375 F) until golden brown and risen.

DUCK INGREDIENTS:
Duck must be prepared several days ahead
5 duck breasts
125 ml (1/2 cup) salt
5 thyme sprigs
Zest of 2 oranges
Small jar fig jam
125 ml (1/2 cup) sprouts or greens
250 g (1/2 lb) gorgonzola

METHOD:
1) Trim off any visible silver skin. Dust with salt and lay thyme sprigs and orange zest on flesh side. Sandwich breasts between two trays and press with weights for 1 day.
2) Rinse and dry breasts and place in refrigerator for 2 to 3 days until dried. To serve, slice breast very thinly across the grain.
3) To assemble, slice scones in half and place on a baking sheet. Place fig jam on bottom layers, place small sprouts or greens on jam and top with a slice of duck. Place a slice of gorgonzola on top and melt in 180 C (350 F) oven (watch carefully so it doesn't scorch).
Place tops on scones and serve warm.

MAKES 12 SCONES

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